# FIANNA HANDBOOK

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# FIANNA HANDBOOK

Issued by the Central Council
of Na Fianna Eireann for
the Boy Scouts of Ireland

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# INTRODUCTION.

By Countess De Markievicz.

With the printing of our little book we mark one more step forward on the road we have mapped out for ourselves. We are giving to the world a record of a few of our ideas, a few of our schemes; above all are we striving to help and guide the army of young people who are daily taking the Declaration of Na Fianna Eireann and banding themselves together in a glorious brotherhood of youth and hope to win Independence and Freedom for their country. As President of the Fianna I am glad of this opportunity to pay tribute to those boys who have built up the Fianna with their brains and their self-sacrifice, their courage and their energy. I know what it has cost them, how hard the work has often been and how many discouraging failures have been faced, and how our success has grown up out of the ashes of dead hopes and buried illusions. But one hope and one dream we have always kept. The vision of Ireland free, and the hope that by our work we may bring the day of Freedom nearer.

This year has felt the spirit of Cathleen ni Houlahan moving once more through the land. This year we have heard again her imperious demand, her call to those who would serve her, to give her all, to give her themselves. We have seen the rallying to her service of the men and women of the country. We have heard the tramp of companies

and squadrons, the martial music, the rattle of arms. The young people, too, have heard the call. Their sharp young ears had caught a whisper on the wind when they formed "Na Fianna Eireann" five years ago. Many of the older generation shook their heads and doubted, and we heard the wise telling us on every side that the days of fighting for Ireland were gone for ever. But to-day we know that our inspiration was right, and when battalion after battalion is drilling and arming we may be glad and proud of the fact that this honour will always remain to the Fianna. That our Northern Regiment was the first regiment wearing Ireland's uniform to climb Cave Hill and stand on Mac Art's Fort, where Wolfe Tone and the United Irishmen stood, and promise as he promised to work for the Independence of Ireland.

It will take the best and noblest of Ireland's children to win Freedom, for the price of Freedom is suffering and pain. It is only when the suffering is deep enough and the pain almost beyond bearing that Freedom is won. Through the long black record of England's tyranny and oppression, empire building and robbery, many names stand out of noble souls whose lives were given in a passionate protest against their country's wrongs. France won free, but many suffered and died nobly before the conquering sacrifice of Joan of Arc turned the tide against the oppressor and the English were swept by a flood of national love and indignation out and across the sea.

Since that day America has gained her independ-

ence, and the subject races have watched and struggled and hoped.

Our older people remember the day when the three martyrs for Irish Liberty died at Manchester, and any one who can read this should remember and never forget how Madar Lal Dingra was proud to die for his country; and, later still, how Savarkar was sent in exile to wear his heart out dreaming of India and her wrongs on one of the Andaman Islands; and many nameless heroes lie on the South African veldt. I would have the young people for whom this book is compiled remember and respect those who throughout the world work and fight, live or die for their country's freedom.

It is the flaming words from dying patriots' lips that light the torch of Freedom to guide a nation's steps. It is their self-sacrifice and suffering that keeps the spirit of a nation free, though the body may be chained.

The spirit of Ireland is free because Ireland's children have never shirked to pay the price. The path of freedom may lead us the same road that Robert Emmet and Wolfe Tone trod. Treading in their footsteps, we will not fear, working as they worked we will not tire, and if we must die as they died we will not flinch.

It is to the young that a nation must look for help; for life itself—and this is our message to those who are young in Ireland to-day. Ireland wants you, Ireland is calling you. Join Na Fianna Eireann, the young army of Ireland, and help to place the crown of freedom on Her head.

# Filleadh na Féinne.

An Craoibín Aoibhinn do Sgríob.

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Tá bíodh drochmheirneach go deó
Ag fior-chur an ceó ar dhuit gcroidhe
Agus rib-re ag fmuaineadh 'r ag rádh,
Go bfuil éire docht cráidhte gan bríg.

Atámaoid ag fanamhaint le fad,
Ag fgol gan ftad a'r ag caoi,
Ag fúil go dtiucfaidh an lá
Dibeórar an cráidh ro dinn,
A'r go dtiucfaidh go goirid an Fiann,
An buidean nár géill do'n Aoir,
Agus fárfaidh an crann dí crion
Fá blát agus fséimh arís.
Ir goirid go dtiucfaidh an Fiann.

Cad é an dorchadus ro ar an fpéir? Cad é an duibe reo ar an ngréin? Cad é an fmúid reó or ár gcionn, ag baint dinn foluis an lae, agus ag ár dtaitead, tá rí com trom rin? Feuch an néall duib ag leathnuġad agus ag fior-leathnuġad, feuch é ag cur amach dá fgiathán dé fein mar fhreácán mór, ó thaoib go thaoib na fpéire. Cad é? Agus feuch na daoine ag dorus a dtigtead ag dearcad ruar air agus ag ornaoil. Cad fáth bfuilid ag tarraing a n-anála com trom rin, amail agus dá mbeidís d'á

múcaḋ. Cad fáṫ a bféaċann riaḋ ċom bán 7 ċom mí-líṫeaċ rin, man ḋaoine do ċaill gaċ meirneaċ do bí aca, man ḋaoine atá ag fanaṁaint leir an bfaiṫṁge d' eiṁiġe or a gcionn, nó leir na fleiṡtiḃ do ċuiṫim 'na mullaċ? Cad é an rónṫ rpéire i rin, cad é an ṫír i reó, cia h-iad na ḋaoine?

Óṁa! a ċaṁaiḋ mo ċroiḋe, innreóċaiḋ mire rin duit. Ar ṫalam geal na h-Éireann atá tú i d' feaṁaṁ, agur rin rpéir na h-Éireann or do cionn, agur rin muinntir na h-Éireann atá ag doṁur na dtigṫeaḋ.

Áċt cad do ḃeir oṁa féaċaint man rin, cad fáṫ bṫuil riaḋ d'á múcaḋ agur dá dtaċtaḋ ag ṫud éigin naċ léir ḋóiḃ, agur cad é an néall airḋeal duḃ rin or a gcionn?

Ir é an néall do ċíd tú atá d'á múcaḋ, tá riaḋ taċtta ag an aér ó'n néall rin. Aṁail pheaċán móir duḃ, atá an néall rin agur a dá rgiaṫán rinte amaċ aiġe eiḋir rinn 7 rolur na gréine beannuiġte agur é ag réiḋeaḋ neiṁe ar a gob, ag ḃaint a n-aiġne agur a meirniġ de na ḋaoiniḃ agur ag cur ceó agur fuaċta ar a gcroiḋe.

Cia h-é an dṫaoiḋeaċta tuġ cúṁaċt do'n bféaċán an niḋ rin do déanaṁ?

Innreóċaiḋ mé rin duit. Sin rpiorad na Sacranaċ, rin an Déarlaċar. Tá an ġrian múcta aiġe, tá an rpéir fuaṁaiġte aiġe, tá an rolur diḃirte aiġe, 7 ir é do rgar an ceó agur an driuc ar ċroiḋeaḃ na ndaoine boċt atá innid ar ṫalaṁ fód-ġlar na h-Éireann. Do bí uair, ann, agur do lonnruiġ an ġrian ċom geal agur ċom teiġ or cionn na tíre reó agur do lonnruiġ ri or cionn áon tíre dá'n póg ri aṁaṁ. Do bí uair, ann, a raiḃ an rpéir reo ċom

glan agus com geal ris gur bain ri gair lúcháire ar na daoinib le teann-áchar iad do beit beo fúithi. Do bí uair, ann, a raib meirneach agus mórmheanma, aigeantacht agus ard-innleacht in sna daoinib sin, ata anoir com thuaigthéileach agus com lagbrigeach sin. Táinig achuigadh orra agus feuch anoir.

Agus innsim duit an fhinne munar h-innsead duit riam go dti reo i. Tá an bóchd déanta ceana a gcuinfear mac mátair éigin uirchar, leis, thio an bhréachán úr-ghránna neimheach do ninne an díoghbáil sin agus do bain dinn tear na gréine.

Aoeisim leat go bfeicim an lá ag teacht, nuair béidear ruaig ar an dá rsiatán duib sin, 7 tógfaid na daoine atá leat-mharb agus leat-múchta, a gcinn arís, agus mórán aca do teic go díoltach a bfad tar fáile, le dul ó anál marbtach bréan an éin móir sin, filleid riad arís, agus comnóchaid riad go rocair rárta ameargs a gcáirde agus a ngaoil. Agus tiucfaid ard-meanma agus meirneach mór ar air arís ameargs na ndaoine, agus tuigfid arís na daoine nár tuig, agus léigfid arís na daoine nár léig, agus rsníobfaid na daoine nár rsníob, agus déanfaid gníomharta na daoine nach ndearnaid gníom riam, oibreóchaid na daoine nár oibrig, plannóchaid na daoine nar plannaig, fárfaid na daoine nár fár, meabhróchaid na daoine nár mheabhraig, cuimheóchaid na daoine do dearmad, agus na daoine do bí ag gol béid riad ag gáire, na daoine bí ar mi-céill béid riad lán-chíonna, na daoine bí na dtort cuirfid riad liúg arta. Searfaid muinntir na tíre reo arís gan rladha ar corp ná anmanam, com raon agus díodar ariam, i Láthair Dé agus na ndaoine. Agus ní fada uáinn an t-am rin, "Ir goirid go bfillfid an fiann."

# NA FIANNA EIREANN.

The Fianna was started in 1909 and its object was stated in its constitution to be the re-establishment of the Independence of Ireland. There is hardly a boy in Ireland who does not want to take part in winning freedom for his country. The means laid down in the constitution for enabling the Fianna to carry out its primary object were stated as follows—

"The training of the youth of Ireland mentally and physically by teaching scouting and military exercises, Irish History and the Irish Language."

Thus the Fianna is above all an educational organisation—an organisation that teaches and trains Irish boys to work for Irish Independence. The things that a boy learns in the Fianna are very numerous—its work covers a very wide field, but everything that a boy is taught tends always to the one great object for which the Fianna was founded.

In every part of the world it is the first duty and greatest pride of the people of all nations to preserve their national independence and strength and unity, and in Ireland generation after generation of Irishmen have striven and made sacrifices to win Irish independence, and it is fitting that Irish boys should be trained to take their place in the national struggle for freedom.

## THE DECLARATION.

The boys who join the Fianna have to work in a Sluagh for three weeks and pass the preliminary

test before they are allowed to make the declaration which all must make before they can be admitted members of the organisation. The declaration is a solemn promise and every boy who makes it must be prepared to devote all his energy to carrying it into practice. It is as follows:—

**"I promise to work for the independence of Ireland, never to join England's armed forces, and to obey my superior officers."**

This promise is three-fold. It means you must serve Ireland, you must never help England against Ireland, and you must be loyal to the Fianna. These three things sum up your duty as a member of the Fianna. But this promise is not to be made lightly. Never make it unless you mean to carry it out to the letter. The success of the Fianna depends upon the earnestness and hard work of its members, and we want no boy to join who does not intend to live up to both the letter and the spirit of the Declaration.

## THE PRELIMINARY TEST.

Before a recruit is allowed to make the declaration he must work in one of the Sluaghte for three weeks and pass the preliminary test. The preliminary test covers the following points:—

I. Know what the Fianna is in outline, after what it is called, and its object.

II. An elementary knowledge of squad drill.

III. Know the first circle of semaphore signalling.

IV. Be able to write name in Irish, count up to twenty, and know the Irish alphabet.

V. To have saved a sum of money, according to means, towards uniform.

When this test has been passed and the recruit has taken the declaration he is then, and not till then, a member of the Fianna.

## WHAT MEMBERSHIP MEANS.

To be a member of the Fianna means that you have devoted yourself to the service of Ireland. It means that you will become trained in mind and body to render that service. It means that the service of Ireland will be your first object in life and that you will strive with all your mind and strength and energy to carry out the promise you made when you became a member.

In order to do this a great deal has to be learned. But first it is necessary to say that every member must set before him a very high ideal. The members are pledged to re-establish a free Irish nation, and their first work must be to train themselves to be fit citizens of a free nation. A member must never do anything that would bring discredit upon Ireland or upon the Fianna. He must make himself strong in mind as well as in body. He must learn all about Ireland. He must know her history and learn her language and work to further her interests. He should study and think for himself and be self-reliant and strong. In addition he will receive a military training and he should strive to become so

proficient that when Ireland needs soldiers he can take an important place in the fighting line.

## THE GOVERNMENT OF THE FIANNA.

The most important thing to remember about the government of the Fianna is that it is governed by the boys themselves. That is the secret of its success. It is an essential part of the training of its members that they should learn how to conduct their own organisation. Their membership thus prepares them to serve Ireland in other organisations when they are older.

Na Fianna Eireann (Irish National Boy Scouts' Organisation) consists of a President, two Vice-Presidents, an Hon. Secretary, an Hon. Assistant Secretary, an Hon. Treasurer, an Ard-Fheis (Congress), an Ard-Choisde (Central Council), Coisdi Ceanntair (District Councils), and Sluaighte (or troops).

**The Ard-Fheis** is the supreme governing and legislative body of the Fianna. It consists of the officers and members of the Ard-Choisde and of delegates elected by the Coisdi Ceanntair and by the Sluaighte. The Ard-Fheis meets once a year and elects the Ard-Choisde.

**The Ard-Choisde** is the governing body of the Fianna when the Ard-Fheis is not sitting. It is responsible for the general direction of the organisation.

**Coisdi Ceanntair** (District Councils) are formed

in districts where three or more sluaighte are working, and they administer the affairs of their districts subject to the general direction of the Ard-Choisde. The Coisdi Ceanntair have the supervision of all the sluaighte in their districts.

**Sluaighte** (Troops) are in many respects the most important things in the whole movement. It is in the Sluaighte that the essential work of the Fianna has got to be done, and upon the work done there depends the success or failure of the whole organisation. Every sluagh affiliates with the Ard-Choisde and the Ard-Choisde will give it all the assistance possible, but still each sluagh has to stand on its own feet, and the officers and members of a sluagh are responsible for its success.

## THE WORK OF THE SLUAIGHTE.

### How to Form a Sluagh.

First communicate with the General Secretary, who will give you the necessary information and directions. Then get a meeting of your friends and any other boys who would like to join. Remember that every sluagh should be conducted by the boys who are members; it will never be a success if older people do everything for the boys. They should manage their own affairs and do their own thinking. Accept help from anybody who is able and willing to give it, but a slaugh of the Fianna should be a little self-governing community—a boys' Republic—where every member shares in the work and the

responsibility of making it a success and has a voice in its management. The members will never learn by allowing other people to do everything for them. The first thing they must learn is to do things for themselves.

It is very important to get good instructors, and where none of the members are able to teach the subjects required for the tests outside help must be got. There are few places in Ireland where someone could not be found able to teach most of the subjects required, and all the sluaighte will be visited as often as possible by the Fianna organisers, who will be able to lend a hand, too.

## The Third Class Test.

Those who join must attend their sluagh for three weeks and pass the preliminary test before they can make the Declaration which constitutes them members. Then all members must seriously start their training and pass the third class test as soon as possible.

Before a member of the Fianna is awarded his third class cord he must, of course, have passed the preliminary test and have attended two-thirds of the route marches and meetings of his company. He must also pass the following tests:—

Squad Drill.—Understand the commands when given in the Irish Language.

First-Aid.—Know how to perform artificial respiration in cases of drowning and shock. Make

four bandages and sling with the triangular bandage.

SIGNALLING.—Send and receive a message in semaphore ten letters per minute.

IRISH.—Standard of O'Growney, first half of Book I.

HISTORY.—General knowledge of Irish History from 1782 to 1803.

Know the conventional signs and be able to read a scout's map.

TOPOGRAPHY.—Know the roads, woods, streams, etc., within a radius of two miles from company headquarters, or perform some equivalent selected by the local committee.

Point out the North by means of the sun and stars without the aid of a compass.

Know how to pitch a small tent and light a camp (wood) fire.

Tie the following knots:—Reef, bowline, sheepshank, fisherman's bend, two half-hitches and clove hitch.

Teachers of Irish and History can always be got locally and the other subjects can be learned partly from the official Fianna Handbook and partly with local help. The local Doctor will often be willing to help by teaching First Aid. The nearest corps of Irish Volunteers, or often an old soldier, will teach Drill, Signalling, etc. Use all the local help you

can and study the Fianna Handbook, and the General Secretary or the Organiser will always be ready to help by answering questions and advising what to do and by recommending other books that might be purchased for a small sum.

### The Second Class Test.

In the Second Class Test the training already undergone is extended.

Before being awarded his second class cord a Fiannaidhe must have saved enough money to buy the Fianna uniform and pass the following tests in addition to those laid down for Third Class Fiannaidhthe:—

Elementary Company Drill.

First Aid.—(1) Application of triangular bandage to any part of the body. (2) Various methods of arresting hæmorrhage. (3) First-aid treatment of fractures and dislocations. (4) First-aid treatment in poisons. (5) The restoration of apparently drowned or otherwise suffocated, including Schäfer's method. (6) Methods of carrying. Hand seats; or S.P.A.A. elementary certificate.

Signalling.—Send and receive a message in either semaphore or morse at the rate of 15 letters per minute.

Irish.—Standard of O'Growney I.

History.—General knowledge of Irish History from 1782 to 1870.

MAP MAKING.—Be able to make a scout's map. Understand the uses of the plane table, and be able to judge distances within 30 per cent. error.

TOPOGRAPHY.—Know the country within a radius of five miles in same detail as for Third Class Fiannaidhthe.

Know the sixteen points of the compass and point out a compass direction by means of the sun and watch.

Know how to pitch a bell tent and cook satisfactorily in the open two out of the following dishes as may be directed: Porridge, Irish stew, rabbit, bacon, bird, rice pudding or bread.

Track half a mile in twenty minutes and be able to swim thirty yards.

### THE FIRST CLASS TEST.

This is the highest order of the Fianna, and before being awarded the cord a Second Class Fiannaihde must pass the following tests:—

COMPANY AND AMBULANCE DRILL.

FIRST AID.—Advanced first aid based on Warwick and Tunstall's text-book, or S.P.A.A. intermediate or advanced certificate.

SIGNALLING.—Send and receive a message in morse and semaphore, twenty letters per minute.

IRISH.—Standard of O'Growney III.

HISTORY.—General knowledge of Irish History from the coming of St. Patrick to 1782; also the Cuchulain and Ossianic Cycles.

FIELD SKETCHING.—Sketch a piece of country showing contour lines, etc., within 15 per cent. error.

TOPOGRAPHY.—Know the country within a ten mile radius in same detail as for Third Class Fiannaidhthe; also a general knowledge of the geography of Ireland.

Know four constellations.

Swim 100 yards and know how to save life in case of drowning.

Know how to pitch and strike two kinds of tents; be able to make camp kitchen and latrine.

## GENERAL.

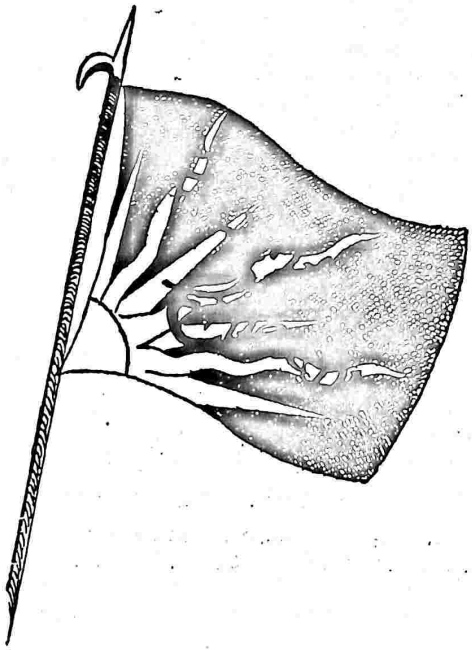
Every member of the Fianna should try to become a First Class Fiannaihde as soon as possible. The Examiners appointed by the Ard-Choisde will visit the sluaighte from time to time and conduct the tests.

A Third Class Fiannaidhe wears a green cord on the right shoulder; a Second Class Fiannaidhe wears a green and orange cord; and a First Class Fiannaidhe wears the green, white and orange cord.

## UNIFORM AND FLAG.

There are two Fianna uniforms, either of which can be selected by a sluagh, but all the boys in one

sluagh should have the same. The uniforms of the Fianna are: Green slouch hat; olive green shirt (double-breasted, brass buttons, no pockets on outside of shirt, shoulder straps); dark breeches and puttees or kilts with saffron "brat" caught at left shoulder with brooch. With the kilts a jersey of a dark green colour may be worn instead of the shirt. The members should get into uniform as soon as possible after starting the sluagh and each sluagh should have its flag.



## BADGES.

All members should wear the Fianna badge. These can be ordered from the General Secretary.

## THE FIANNA AND POLITICS.

The Fianna is a National organisation and is open to all Irish boys, no matter what class or creed or party they or their fathers belong to. But the Fianna can take no part in any contest between different parties of Irishmen, and the following rule is in the Constitution.

No Slaugh of the Fianna shall take part in elections, either Parliamentary or municipal. Any member taking part in elections in his private capacity must not wear either badge or uniform of the Fianna.

## THE SPIRIT OF THE FIANNA.

The Fianna aims at making Irish boys strong and self-reliant and self-respecting. It trains them and teaches discipline and obedience. It seeks to make

them thoughtful and manly and independent. In a word, it makes them good citizens and good Irishmen. By working for Irish Freedom they are taught the lesson of self-sacrifice and service. By obedience to their officers and the discipline of their sluagh they learn to obey and to be self-controlled. By becoming officers they learn to command. By governing their organisation they gain experience and confidence, and learn to think for themselves.

In the Fianna there must be brotherhood and mutual trust. To be great the movement must be based upon friendship and goodwill and sincerity. In proportion as its members are earnest and self-reliant, true to themselves and to the Fianna and to their country will the Fianna succeed in its great aim, which is to train the boys of Ireland for the service of Ireland.

# DRILL.

## DEFINITIONS.

1. **Alignment.**—A straight line upon which several men or bodies of troops are, or are to be formed.

2. **Column.**—Bodies of troops on parallel and successive alignments, at a distance from one another equal to their own frontage.

3. **Company.**—48 boys, 8 corporals, 4 leaders, 2 lieutenants and 1 captain. Total, 63.

4. **Company Column.**—A company in column of sections.

5. **Covering.**—One or more men placing himself or themselves correctly behind one another.

6. **File.**—A front rank man and his rear rank man. A **Blank File** is a front rank man without a rear rank man.

7. **Flanks.**—The right and left points of an alignment.

8. **Frontage.**—The lateral distance of ground covered by troops, i.e., the distance between right and left flanks.

9. **Line.**—Men or troops on the same alignment.

10. **Rank.**—A line of men side by side.

11. **Scout.**—A soldier chosen for resource, intelligence and general ability to reconnoitre enemy, or country over which an army passes,—and bring information.

12. **Section.**—12 boys, 2 corporals and a leader.

13. **Squad.**—Half a Section (6 boys and a corporal).

Drill must be executed smartly and, as far as possible, in unison. The greater discipline and attention, as well as the greater concentration developed by drill, will help considerably in the teaching of other subjects. Boys selected for instructors must be smart, energetic and intelligent, painstaking and patient. Attention must be paid to details; and every fault, no matter how trivial, must be immediately noted and corrected.

Words of Command must never be given in a careless manner; and any laxity must be at once corrected, for laxity and carelessness in commands give rise to laxity and carelessness in execution. Commands must be given in a clear distinct voice, with alertness and spirit, sufficiently loud to be heard by all concerned. Words of command are divided into Preparatory and Executive words. Preparatory indicates the movement to be executed. Executive Commands demand execution. Preparatory commands are written in small letters, Executive ones in large. Preparatory commands should be given slowly and in an ascending tone; then, after a slight pause, the Executive word should be given quickly and firmly.

## SECTION A. RECRUITS.

The instructor explains each movement, and, if possible, executes it himself. Each movement must be perfectly understood before going on to the next. At first recruits are placed in their proper positions and afterwards take up their positions independently. They must not be touched except when absolutely necessary. Individual instruction should be given to backward or slow recruits.

1. **Drill with Intervals.**—A number of boys will be placed in single rank at arm's-length apart according to height and facing front.

2. **Atten—TION.**—The position is one of alertness, heels together and in line, toes turned out at an angle of 45 degrees, knees straight without stiffness, hips braced up, body erect and evenly balanced on hips, shoulders square, slightly back and sloping evenly, neck erect, head well poised, mouth closed, eyes looking their full height to the front; hands hanging naturally from the shoulders, tips of fingers touching the thighs. Weight of body evenly distributed between fore part of feet and heels.

   On no account must there be any undue drawing in or pushing out of any part of the body.

3. **Stand at—EASE.**—Keeping both knees straight carry the left foot its own length to the left; weight of body balanced evenly on both feet; at the same time bring the hands behind the

back, grasping lightly the back of one in the palm of the other; allow hands to hang easily. Silence and immobility to be preserved.

3A. **Stand—EASY.**—This is a position of rest; the hands may move at will, silence may be broken, but the right foot must be kept in place. On no account must slouching attitudes be allowed.

4. **Fianna—Atten—TION.**—On the preparatory word (Fianna, squad, section, etc.) the whole come to the position of **stand-at-ease** (3); on the word atten-**tion** (or, as it is called—'shun) the left foot is brought smartly up to the right and the hands to the sides, as in par. 2.

If ordered to **stand-easy** from the position of **attention**, first **stand-at-ease** and then **stand-easy.**

5. **By numbers, Right—TURN.—One.** Raise the left heel and right toe slightly off the ground, turn on the right heel and left toe to the right, placing the right flat on the ground when turned. **Two.** Bring the left foot up to the right.

6. **By numbers, Left—TURN.—One.** Raise right heel and left toe, turn to the left. **Two.** Bring right foot up to the left.

7. **By numbers, About—TURN.—One.** Raise left heel and right toe, turn right about. **Two.** Bring the left heel up to the right.

8. **Right (left or about)—TURN.**—Perform the turns without numbers, judging the time.
   During all these movements the knees must be kept straight and body erect.
9. **By numbers, Right INCLINE.—One.** As in **right turn,** only taking half a right turn. **Two.** Bring up the left foot to the right.
10. Left incline is done similarly.
11. **Right INCLINE.**—As in 9, judging the time.
12. **Saluting by Numbers.—One.** Bring the right hand—with fingers close and extended, palm to the front, wrist straight—smartly from the side till top of the thumb is in line with top of the head, completing half a circle in so doing. Glance towards person saluted. **Two.** After a pause drop the hand smartly to the side.
13. **Flanna—SALUTE.**—As in par. 12, judging the time.

## SECTION B. MARCHING.

1. **Quick—MARCH.**—Step off with the left foot, straighten and turn the knee slightly outward in so doing; same with right. Keep body erect and allow the hands to swing naturally.
2. **Step—OUT.**—Increase the length of pace by three inches.
3. **Quick—MARCH.**—Resume quick time pace (1).

4. **Step—SHORT.**—Decrease the pace by nine inches, resuming quick time on the command **Quick—MARCH.**

5. **Double—MARCH.**—Throwing weight of body on moving foot—forearm raised until horizontal, fist closed, nails towards body, elbows well back—commence at the double with the other foot, allowing arms to swing naturally. Resume **quick-time** on the command **Quick—MARCH.**

6. **Mark—TIME.**—Complete pace with moving foot, commence marking time with the other, raising each foot alternately about six inches from the ground. Arms and body as at **Attention.**

7. **Forward.**—Commence marching at **Quick-time.** If ordered to **Mark-time from Attention,** commence with the left foot and continue till halted or moved.

8. **Change—STEP.**—Complete pace of the advancing foot, bring the ball of the other up to the heel of advancing foot, and again step forward with the advanced foot.

   In marking time change step by marking two successive beats with the same foot.

9. **Right—CLOSE.**—Carry right foot 10 inches to right, bring left close to it and continue the movement in cadence of **quick time.**

   Similarly with **Left-CLOSE.**

TURNING ON THE MARCH.

10. **Right (Left)—TURN.**—Turn on the ball of either foot and step off with the other in required direction.

11. **About—TURN.**—Turn about in three paces, moving forward on the fourth pace.

12. **Squad—HALT.**—Complete pace of advancing foot and bring the other in line with it.

## SECTION. C. DRILL IN SINGLE RANK WITHOUT INTERVALS.

1. **Fall—IN.**—Move quickly to point of formation, take up dressing, and **stand-at-ease.**

2. **By the—RIGHT (Left).**—Alignments will be taught by advancing the right or left files a little forwards or backwards.

   The remaining files align with the named file; and when aligned turn their faces front.

3. **Right—DRESS.**—Turn head and eyes smartly to the required direction and move forwards or backwards till eyes and shoulders are in line with those of the boys on the right.

4. **Flanna—NUMBER.**—Beginning on the Right, each boy calls out his number in a clear distinct voice.

5. **Open Ranks—MARCH.**—Odd numbers take two paces forward and dress by left.

6. When boys are formed they will correct their dressing without word of command. This applies to all formations.

7. **Re-form Ranks—MARCH.**—The odd numbers step back to their places.

8. **Quick—MARCH.**—As in Section B, par. 1.

9. **Right—INCLINE.**—Step off at an angle of 45 degrees, keeping shoulders parallel to those of the boys on the **Right.**

10. **Left INCLINE.**—Resume original direction.

11. **HALT.**—Complete pace with moving foot and bring up the other in line with it.

CHANGING DIRECTION.

12. **Squad Right—FORM.**—On the word **form,** the Right boy will take a full **Right turn;** the others a partial turn to the Right.
**Quick—MARCH.**—The boy on the Right marks time, the others step up into their places, marking time when reaching there. (See Diagram 1, Plate 1.)

13. **FORWARD.**—All move forward in the new direction.

14. **Right—TURN.**—Turn and cover off boys in your front.

16. **On the Right, form SQUAD.**—The leading boy marks time, the remainder incline to the Right, and move up on the Right of the leading boy. (See Diagram 2, Plate 1.)

17. (When forming squad (section, etc.), if the squad is halted **Quick MARCH** must be given; if marking time, **FORWARD.** When

marching neither is required. When a squad is required to halt on completion of a movement the preparatory command **At the Halt** will precede the command **Right form, on the Right Form—SQUAD.)**

18. **FORWARD.**—The squad moves forward in new formation.

19. **Right—TURN.**—The squad turns to the Right.

20. **Right—WHEEL.**—The inner boy of the leading file will move in a circular motion to the Right, stepping short to enable the outer boy of the file to wheel with him, the others following the footsteps of the leading file.

21. **Rear files—COVER.**—If before the whole squad has wheeled the order to **mark time** or **halt** has been given, on the command **Rear Ranks COVER,** those who have not wheeled will move in shortest way and cover off boys who have wheeled.

---

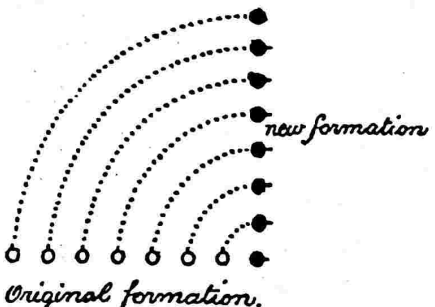
The formation of Fours may here be taught, the rear rank being imaginary.

22. **By numbers, Form—FOURS.—One.** The even numbers take a pace to the rear with left foot. **Two.** A pace to the right with the right foot. **Three.** The left foot is brought up to the right. (See Plate 1.)

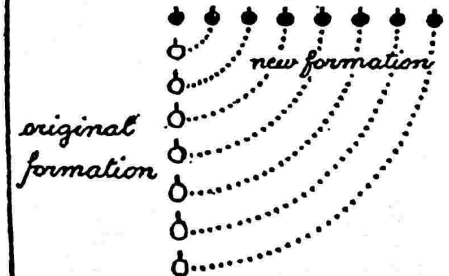
23. **By numbers, Form—TWO DEEP.—One.** Even numbers take a pace to the left with the left foot. **Two.** A pace to the front with the

# Plate 1.

Diag. 1
Squad right-form.

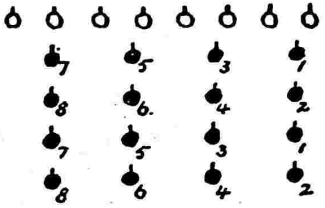



Diag. 2
On the right-form-squad

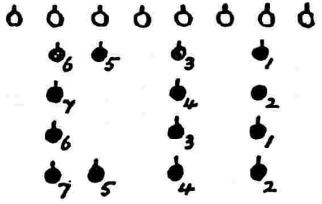


Diag: 3 Formation of Fours.

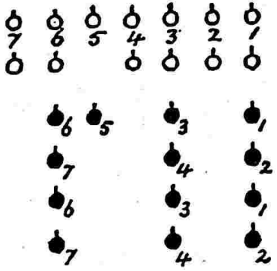
A With even no: of files



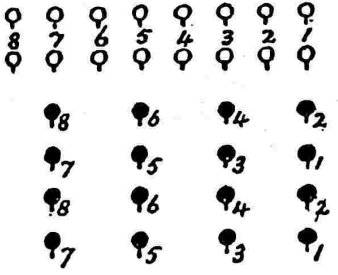
B With odd no: of files.



C With a blank odd file.



D When squad is turned about.



right. **Three.** The left foot is brought up to the right.

24. **About—TURN.**—The whole turn about.

25. **Form—FOURS.—One.** A pace to rear with right foot. **Two.** A pace to left with left. **Three.** Bring right foot in line with left. (See Diagram 3D, Plate 1.)

NOTE.—The odd numbers are Right Files, even numbers Left Files. Also that the Left Files always get behind the same boys.

26. **Form—TWO DEEP.**—A pace to right, one to the front, and bring up the right foot to the left.

27. **Form—FOURS.**—Fours are formed, judging the time.

FORMING FOURS TO A FLANK.

28. **Form—FOURS.**—Form fours as in 27.

29. **RIGHT.**—All turn to the Right,

30. **Left TURN.**—All turn to the front and form two deep without further command.

FORMING FOURS IN LINE ON THE MARCH.

31. **Quick—MARCH; Form FOURS.**—Odd numbers mark time two paces; even numbers step into their places.

**Form—TWO DEEP.**—Odd numbers mark time two paces; even numbers step into their places.

WHEN TURNED TO A FLANK—TO FORM FOURS.

32. **Form—FOURS.**—If odd numbers (right files)

are leading the even numbers step forward. If left files are leading they step back, odd numbers marking time, as in 31.

## SECTION D. SQUAD DRILL IN TWO RANKS.

1. **Fall—IN.**—Fall in as in single rank, the rear rank being two paces from the front. If there be an uneven number of boys, the third boy from the left will be a Blank File, i.e., he will have no rear rank boy.
2. **Squad—NUMBER.**—As in Section C, par. 4; boys in the rear rank taking their numbers from the boys in the front rank.
3. **Open Ranks—MARCH.**—Odd numbers in the front rank take two paces forward, even numbers in the rear rank two paces to the rear, and dress by the left.
4. **Re-form Ranks—MARCH.**—Odd numbers of front rank step back, and even numbers of the rear rank step forward two paces.

### Changing Direction.

5. **Squad—Right—FORM.**—The Right boy of the front rank will take a full right turn, the remainder of the front rank a partial right turn, the rear standing fast,
6. **Quick—MARCH.**—Front and rear ranks form up into new alignment.
7. **FORWARD.**—Move forward at **quick time.**
8. In marching, inclining, turning, wheeling,

forming squad, changing direction, the movements are same as in single rank; the rear rank conforming to the movements of the front rank.

ADVANCING IN SINGLE FILE.

9. **Advance in Single File, Quick—MARCH.**—The leading file (i.e., the front rank boy and his rear rank boy) will move off, followed by the 2nd, 3rd, etc. files.

**Form—TWO DEEP.**—Leading boy will mark time, the remainder re-forming two deep.

**Form—FOURS.**—See Section C, pars. 22-32.

N.B.—Extreme left file in formation of fours always act as an even number, whether it is odd or even; and the second file from left always as an odd number. This ensures that the section of fours on the left is always complete.

Where there is an odd file the rear rank man of the third file from the left takes a pace to the rear.

## SECTION E. SECTION DRILL.

1. A section may be formed in line, in column of squads, in column of fours, or in file. (See Plate 2.)

2. **Tell off by Squads.**—The right squad commander shouts No. 1; the left squad commander No. 2.

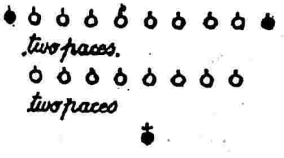
# Plate 2.

## Section Formations

o = private. ● = squad leader. ✝ = section leader.

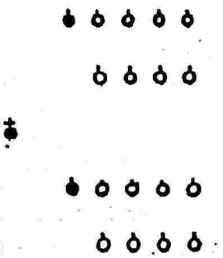
### Diag. 1.

In line



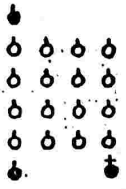

### Diag. 2.

Col. of squads.



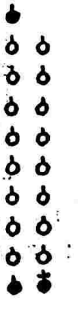
### Diag. 3

Col. of fours



### Diag. 4

In file



3. **To Tell Off and Form a Section.**—The section is numbered, formed into fours, back to two deep, turned about, formed into fours two-deep, turned about to original front, and told to **Stand at—EASE.**

4. It is also well to name the left of the squads; on the file's number being shouted, the front and rear boys raise their left forearms at right angles to the arm and drop them to their sides at the words **Left of SQUADS.**

5. Use can be made of the section to perform the movements of company drill by using the words **section** for **company** in the different orders, or by placing the boys in single rank. (See Company Drill.)

## SECTION E.—SKIRMISHING.

6. The idea of extended drill is to instil into the boys the habit of extending so as to avoid being a good target for the enemy. Always extend with that idea and have the supposed position of the enemy in the mind of every boy. **Extensions** will be done at the **double, closings** at **quick time.** Sections may be extended from Left, Right, Centre or any named boy. A whistle is used to call the attention of the boys to the commander, who gives his orders generally by signal.

ORAL COMMANDS IN CONJUNCTION WITH SIGNALS.

7. **From the CENTRE—6 paces—EXTEND.**—The

centre boy of the front rank stands fast (or, if marching, moves straight ahead); the remaining boys turn outwards and extend to the right and left in **double time**—those in the rear rank forming up on the **left** of the boys in the front rank. (See Diagram 1, Plate 3.)

8. **To the RIGHT—6 paces EXTEND.**—All except the left file turn to the right and extend as in 7. (See Diagram 2, Plate 3.)

Should the section be in file the left boy of the leading file will stand fast (or, if moving, continue to advance), the remaining files doubling into their places. (See Diagram 3, Plate 3.)

**On the Left—CLOSE.**—The named boy will continue moving, the remainder doubling into their places. If closing **At the Halt** the named boy will halt and the others close up in **quick time.**

SIGNALS FOR SKIRMISHING.

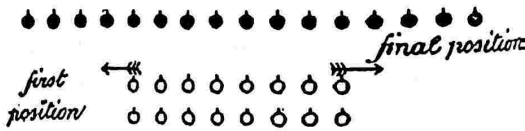
(a.) **Extend from Centre.**—Move the arm at full extent slowly over the head from side to side, bringing it down to the hips on both sides of the body.

(b.) **Extend to the Right (or Left).**—Same as (a), but finishing signal by pointing towards the required direction.

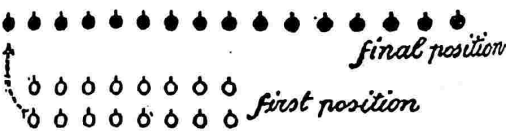
(c.) **Close on Centre.**—Place the hand on the top of the head, elbow square.

# Plate 3.

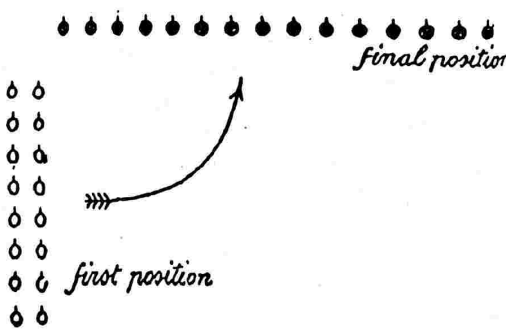
Diag 1 Extending from centre




Diag. 2 Extending to the right




Diag 3. From file



(d.) **Close on Right (Left).**—Finish (c) by pointing to the required flank.

(e.) **Advance.**—Swing arm from rear to front below the shoulder.

(f.) **Double March.**—Move clenched fist up and down between thigh and shoulder.

(g.) **Quick March.**—Raise the hand in line with the shoulder, elbow bent and close to the side.

(h.) **Wheel (or change direction).**—Make a circular movement with extended arm in line with the shoulder, finishing by pointing in required direction.

(i.) **About Turn and Advance in new direction.**—Circle the arm over the head.

(j.) **Halt.**—Raise hand at full extent above the head.

(k.) **Lie Down.**—Make a few slight movements with the open hand towards the ground.

## COMPANY DRILL.

A company is commanded by a captain, and divided into two half-companies—Right and Left Half Companies. Each half-company is subdivided into two sections. Thus Nos. 1 and 2 sections are the right half-company; Nos. 3 and 4 sections the left half-company. The numbering of the sections and squads is from the right. It is well to remember that Nos. 1 and 3 are right sections, that is, they are the right sections of their half-

# Plate 4

## Positions of Commanders.

Key

Captain

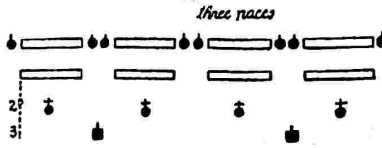
Lieutenant

Leader

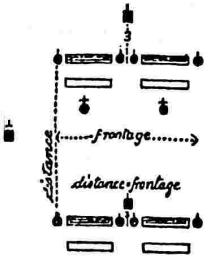
Corporal

Private

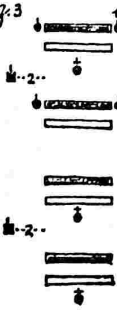
Diag. 1. Coy. in line



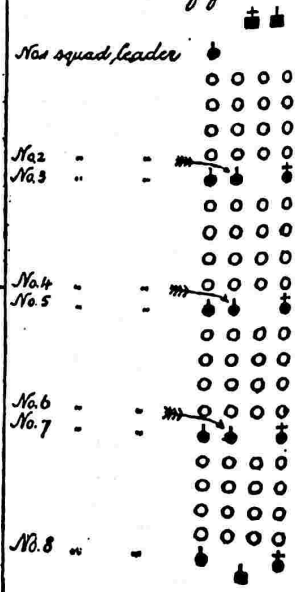

Diag. 2 Col. of half-companies.




Diag. 3 Coy. col.




Diag. 4 Col. of fours.



companies. Nos. 2 and 4 are left sections. Each section is sub-divided into two squads—1, 2, 3, 4, 5, 6, 7, 8 from the right.

Thus we have in a company 2 half-companies, 4 sections and 8 squads.

A company may be formed—

(1) In line.

(2) In column of half-companies.

(3) In column of sections or company column.

(4) In column of fours.

The company commander always places himself where he can best supervise his company. (See Diagrams 1-4, Plate 4, for positions of commanders.) The normal formation of a company is company column.

FORMATIONS FROM COMPANY COLUMN.

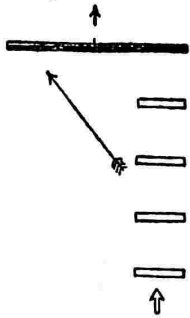
Forming forward into line—

1. **On the left—Form Company; Remainder Left Incline—Quick MARCH.**—The leading section stands fast, the remainder incline to the left and move at the command Quick March. On each section getting clear of the section preceding it, the section leader will give the command—**Number—SECTION, Right INCLINE. HALT, by the RIGHT;** when the section will incline, halt and dress by the right. (See Diagram 1, Plate 5.)

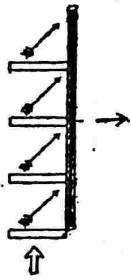
# Plate 5.

## Formations from company column.

Diag. 1.
Forming forward into line.

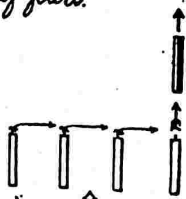


Diag. 2
Forming line to flank.

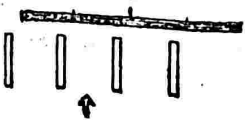


Diag. 3
Changing direction right.

Diag. 4 Coy. col. moving to a flank in fours – to col. of fours.



Diag. 5
Forming line from col. turned to a flanks.



Forming line to a flank from company column—

2. **Sections—Right FORM.**—The right squad leader of each section takes a full right turn, remainder of the front rank half right turn, rear rank standing fast.

**Quick MARCH.**—The right squad leader marks time, the remainder move up to their places, rear rank conforming to the movements of the front rank. (See Diagram 2, Plate 5.)

Company column changing direction—

3. **Change Direction—RIGHT.**—The leader of leading section will give the Command—**Number—Section, Right Form,** and when the section has formed give **FORWARD.** The leaders of the other sections will act similarly when their sections reach the point of formation. (See Diagram 3, Plate 5.)

A company column turned to a flank in fours, forming column of fours—

4. **Right Section to the front, Remainder Right WHEEL.**—The right section will continue to advance, the remainder taking a right wheel, and on reaching the ground vacated by No. 1 section will wheel successively to the left, following each other in column of fours. (See Diagram 4, Plate 5.)

Forming line from a column turned to a flank—

5. **On the Right—form Sections—Quick MARCH.**—Each section forms on the right of its lead-

ing squad leader into line. If the sections are in fours they will first form two deep. (See Diagram 5, Plate 5.)

FORMATIONS FROM A COMPANY IN LINE.

From line to advance in company column to the front—

6. **Advance in Company Column on the Right, Remainder Right TURN, Quick MARCH.**—The right section stands fast at the word **turn,** the remaining sections turn to the right. At the word **MARCH** the right section advances, the remaining sections mark time two paces and then move on. When the front man of each section is in rear of the centre of the preceding section, the section commander will give the command—**Left INCLINE**—and when the left man of each section is in rear of the **left** man of the preceding section the section leader will order another **Left Incline,** when his section will move at section distance from preceding section. (See Diagram 1, Plate 6.)

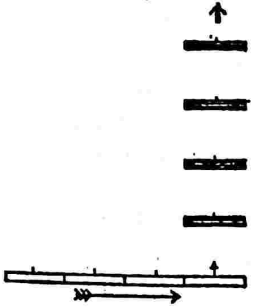
To perform Movement 6 at the Halt—

7. **At the Halt, Company Column on the RIGHT, Remainder RIGHT TURN—Quick MARCH.**—The right section stands fast (or, if marching, advances two paces and halts); the remainder turn to the right and are led the shortest route into their places in company column. When the left man of each section

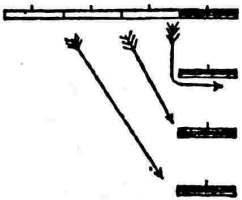
# Plate 6.

## Formations from line

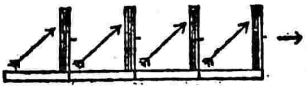
Diag. 1
From line to advance in coy. col. to the front



Diag. 2
Coy. line to coy. col. at the halt.



Diag. 3
Coy. line to coy. col. to flank.



is directly behind the left man of the preceding section the section leader gives—**Number—Section, Halt, Left Turn.** (See Diagram 2, Plate 6.)

From line to advance in company colmun to a flank—

8. **Sections—Right FORM—Quick MARCH.**—Each section performs the **Right Form** as described in Section D, pars. 5 and 6. (See Diagram 3, Plate 6.)

From line to form into column of fours—

9. **Form FOURS—RIGHT, Left WHEEL, Quick MARCH.**—The company forms fours, turns to the right and takes the left wheel.

FORMATIONS FROM COLUMN OF FOURS.

To form company column in fours—

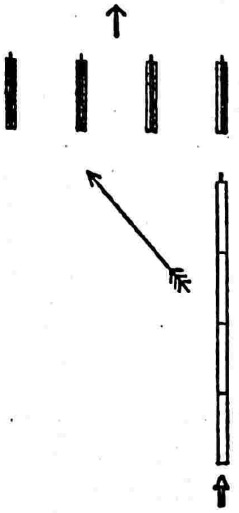
10. **Company Column on the leading section—Remainder Left INCLINE—Double MARCH.**—The leading section continues to advance, remaining sections inclining to the left and doubling up into their places (keeping in fours). When the sections have reached their positions the section leaders will command, **Number—Section, Right INCLINE—Quick MARCH.** (See Diagram 1, Plate 7.)

Forming forward into company column—

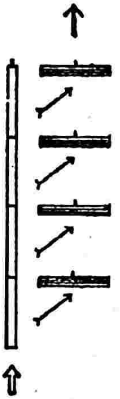
11. **On the Right—Form SECTIONS.**—The whole form **two deep,** the leading corporal of each

# Plate 7
## Formations from col. of fours

Diag. 1
From cov. in col. of fours to cov. col. in fours.



Diag. 2
Cov. in col of fours to cov. col.



section marks time, the remaining boys of each section forming on right of their leading corporal. (See Diagram 2, Plate 7.)

Forming forward into line—

12. **On the Right—Form COMPANY.**—The leading squad commander of the company will mark time; the remainder of the company will take a right incline and form up on his right.

Remember—

(a) To pay attention to the words squad, section, half-company, company.

(b) If a company is halted quick march is necessary to execute a formation; if marking time forward is used instead; and if moving neither command is necessary.

(c) The movements into squads, sections, half-companies and companies are similar.

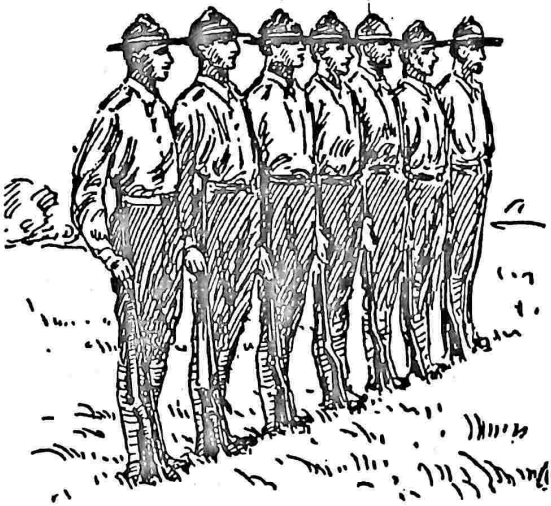
(d) Practice company drill in single rank.

(e) Movements to the left are similar to ones to the right and vice versa.

(f) When a company is turned about (except when only retired for a short pause) section and half-company commanders double into their places on the outer flanks.

(g) When a company is required to form on the march the command **Double QUICK** will be used instead of **Quick MARCH.**

# RIFLE EXERCISES.



## THE POSITION OF ATTENTION.

### With Arms at the "Order."

Fall in as described in Company Drill, rifle held perpendicularly at the right side with the toe of the butt in line with the toe of the right foot. The right arm slightly bent with hand holding the rifle near the lower band, back of hand to the right, thumb against the thigh, fingers together and slanting downwards towards the ground.

Front. Side.

When "falling in" each boy will "stand-at-Ease" as soon as he has got his dressing.

## STANDING AT EASE.

**Stand—at—Ease.** Carry the left foot about twelve inches to the left so that the weight of the body is balanced equally on both feet; at the same time incline the muzzle of the rifle slightly to the front with the right hand, arm close to the side and left arm kept in the position of "Attention."

**Slope—Arms. One.**

Give the rifle a jerk upwards with the right hand, catching it with the left hand behind the back sight, and the right hand at the small of the butt, thumb to the left, elbow to the rear.

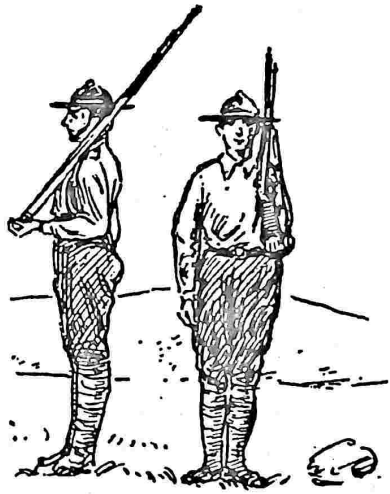
Common mistakes to be avoided:—

1. Allowing muzzle to droop forward.
2. Raising rifle too high.
3. Carrying rifle too far forward from the body.

Front. Side.

**Slope—Arms. Two.**

Carry the rifle across the body and place it flat on the left shoulder, magazine outwards from the body. Grip the butt with the left hand, the first two joints of the fingers grasping the upper side of the butt, the thumb about one inch above the toe, the upper part of the left arm close to the side, the lower part horizontal and the heel of the butt in line with the centre of the left thigh.



Side. Front.

**Slope—Arms. Three.**

Cut away the right hand to the side. In this position care must be taken to have left forearm perfectly horizontal, with the heel of butt in line with the centre of thigh. If this latter is not attended to the muzzle will either slope away from the body or around the neck.

## THE ORDER FROM THE SLOPE.

Pull the rifle down to the full extent of the left arm, at the same time meeting it with the right hand above the back sight, arm close to the body.

**Order—Arms.**
**One.**

Common mistakes to be avoided:—

1. Allowing left shoulder to droop.
2. Carrying butt too far forward.
3. Carrying butt too far backward (the butt should be held perpendicular).
4. Gripping rifle too low with the right hand, instead of gripping it just above the back sight.

Side. Front.

**Order—Arms. Two.** Carry the rifle to the right side, seizing it at the same time with the left hand at the upper band, the butt to be a couple of inches off the ground.

**Order—Arms. Three.** Place the butt quietly on the ground, at the same time bring the left hand smartly to the side.

## THE PRESENT FROM THE SLOPE.

**Present—Arms. One.**

Grip the rifle with the right hand at the small of the butt, keeping both arms close to the body.

**Present—Arms. Two.**

Carry the rifle with the right hand perpendicularly in front of the centre of the body, magazine to the left; at the same time place the left hand smartly on the stock, wrist on the magazine, fingers pointing upwards, point of the thumb in line with the mouth; the left elbow to be close to the butt; the right elbow and butt close to the body.

Common mistakes to be avoided:—

In the first position—

1. Having right elbow too high.
2. Weighing down the butt with the right hand.
3. Moving rifle on the shoulder.

In the second position—

1. Sticking the elbows out.
2. Raising rifle too high.

**Present—Arms. Three.**

Bring the rifle down perpendicularly close in front of the centre of the body to the full extent of the right arm, magazine to the front, fingers of right hand slanting downwards; at the same time grip the rifle smartly with the left hand immediately behind the back sight, thumb pointing towards the muzzle; the hollow of the right foot to be smartly placed against the right heel, both knees straight. The weight of the rifle to be supported by the left hand.

Front. Side.

Common mistakes to be avoided:—

1. Holding rifle too far away from the body.
2. Holding butt too close to the body.
3. Holding muzzle too near the head with butt sticking outwards. Rifle should be perpendicular.

## THE SLOPE FROM THE PRESENT.

Place the rifle on the left shoulder as described in the second movement in the **Slope from the Order,** at the same time bring the right foot in line with the left.

**Slope—Arms. One.**

**Slope—Arms. Two.** Bring the right hand smartly to the side.

## THE ORDER FROM THE PRESENT.

Bring the rifle to the right side and grip it with the right hand at the band with the left hand close below the nose-cap, keeping the butt a couple of inches off the ground; at the same time bring the right foot smartly up to the left.

**Order—Arms. One.**

**Order—Arms. Two.** Place the butt quietly on the ground and bring the left hand smartly to the left side.

## TO FIX BAYONETS FROM THE ORDER.

Front. Side.

**FIx—Bayonets. One.** Grip the handle of the bayonet with the left hand, knuckles to the front, thumb and fingers to the rear, at the same time push the muzzle of rifle sharply forward and turn the head and eyes to the right, the boy on the right hand looking to the left.

Front. Side.

**Fix—Bayonets. Two.** Taking the time from the boy on the right, draw the bayonet, turning the point upwards and keeping the elbow down. Place the handle on the bayonet standard, with the ring over the stud on the nose-cap, pressing it home to the catch. Body and head to be erect.

**Fix—Bayonets. Three.** Bring the rifle smartly to the "ORDER," taking the time from the right-hand boy, cut away the left hand to the side, bringing the head and eyes smartly to the front.

NOTE.—On the word FIX the right-hand boy will take three paces forward, resuming his place in line when the third motion is completed.

## UNFIXING BAYONETS.

Place the rifle between the knees, heels closed, magazine to the front. Grasp the handle of the bayonet with the right hand, knuckles to the front, thumb of left hand on bayonet bolt spring, draw the rifle into the body with the knees and press the spring. Raise the bayonet about one inch, and at the same time turn the head and eyes to the left.

**Unfix—Bayonets.**
**One.**

Taking the time from the left-hand boy, raise the bayonet off the standard, drop the point to the left side, ring to the rear, and place it in the scabbard (this to be done without looking down), raising the right hand, grip the scabbard with the left hand and place the bayonet into it.

**Two.**

Taking the time from the left-hand boy, force the bayonet home, and carry the right hand to the lower band.

**Three.**

Taking the time from the left-hand boy, cut away the left hand to the side and return to the "ORDER," turning the head and eyes to the front.

**Four.**

NOTE.—On the word UNFIX the left-hand boy will take three paces forward, resuming his place on the completion of the fourth motion.

## INSPECTION OF ARMS.

**For Inspection. Port—Arms.**

Jerk the rifle (muzzle leading) with the right hand smartly across the body, magazine to the left and downwards, the barrel crossing opposite the point of the left shoulder, and meet it at the same time with the left hand close behind the back sight, thumb and fingers around the rifle, the left wrist to be opposite the left breast, both elbows close to the body. Turn the safety catch completely over to the front with thumb and forefinger of right hand. Pull out the cut-off if closed, pressing it downwards with the thumb, then seize the knob with the forefinger and thumb of the right hand, turn it sharply upwards and draw back the bolt to its full extent, then grasp the butt with the right hand immediately behind the bolt, thumb pointing to the muzzle.

NOTE.—When falling in for inspection in two ranks, the rear rank will fall in three paces distance from the front rank.

## TO EASE SPRINGS AND COME TO THE ORDER.

From the position already described, work the bolt rapidly backwards and forwards

**Ease—Springs.** until all the cartridges are removed from the magazine and chamber allowing them to fall on the ground, then close the breech, press the trigger, close the breech cut-off inwards, turn the safety catch over to the rear and return the hand to the small.

**Order—Arms. One.** Holding the rifle firmly with the left hand, grip it with the right hand at the band.

**Order—Arms. Two.** Same as the second movement of the Order from the Slope.

**Order—Arms. Three.** Same as the third movement of the Order from the Slope.

## TO SLING ARMS FROM THE ORDER.

The sling of the rifle having been loosened to the full extent, pass your head and

**Sling—Arms.** right arm between the sling and the rifle, muzzle upwards, rifle hanging diagonally across the back.

## TO TRAIL FROM THE ORDER.

Front. Side.

**Trail—Arms.** Give the rifle a jerk forward and grip it at the point of balance, bringing it at once into a horizontal position at the side to the full extent of the right arm, with the fingers and thumb around rifle. The arm should hang easily from the shoulder.

**Order—Arms.** Raise the muzzle, catch the rifle at the band, and come to the "ORDER."

## THE SHORT TRAIL.

Raise the rifle a few inches off the ground, keeping it otherwise in the position of the Order.

If standing with arms at the Order, and directed to form fours, close on the right or left, etc. Such movements will be performed with the rifle at the Short Trail.

## TO CHANGE ARMS WHEN AT THE SLOPE.

Grip the butt of the rifle with the right hand, back of the hand upwards, at the same time bringing the left hand up to the small.

**Change—Arms. One.**

Carry the rifle, turning the magazine outwards, on to the right shoulder, bringing it well to the front so as to clear the head.

**Change—Arms. Two.**

**Change—Arms. Three.** Bring the left hand smartly to the side.

To change arms from the right to the left shoulder perform the same movements, reading left for right and right for left.

## TO CHANGE ARMS FROM THE TRAIL.

Bring the rifle to a perpendicular position in front of the right shoulder, magazine to the front, upper part of arm close to the side, forearm horizontal.

**Change—Arms. One.**

Jerk the rifle across the front of the body, catching it with the left hand at the point of balance, at the same time bringing the right hand smartly to the side. In this position the rifle is held perpendicular in front of left shoulder, magazine to the front, arm close to side, forearm horizontal.

**Change—Arms. Two.**

**Change—Arms. Three.** Lower the rifle to the full extent of the left arm at the Trail.

## TO GROUND AND TAKE UP ARMS FROM THE ORDER.

Place the rifle quietly on the ground at the right side, magazine to the right. As the rifle is being placed on the ground the right hand will be in line with the toe. Return smartly to the position of Attention.

**Ground—Arms.**

**Take up—Arms.** Bend down, lift the rifle and return to the Order.

## PILING ARMS.

The squad being in two ranks at the Order, the rear rank will take a pace forward and turn the barrels of their rifles towards the front rank. The front rank will turn about and place the butts of their rifles between their feet.

**Pile—Arms. One.**

**Pile—Arms. Two.** The odd numbers of the front rank will incline the muzzles towards those of the even numbers, barrels downwards, bringing the right hand to the nose-cap; the odd numbers will then grip the rifles of the even numbers with the left hand in the same manner and hold up the piling swivels of both rifles with the forefingers and thumbs, crossing the muzzles to bring the swivels together. The even numbers will drop the right hand to the side.

**Pile—Arms. Three.** The even numbers of the rear rank, holding their rifles sling upwards at the band, will incline the muzzles forward, and with the left hand will link swivels through the crossed muzzles of the front rank, raising their butts as high as necessary to do so. The odd numbers of the front rank will now turn the barrels of their rifles towards the even numbers of the rear rank, who will then place the heels of their butts about six inches to the right of the toe of the right foot so as to make the pile secure.

**Pile—Arms. Four.** The odd numbers of the rear rank will lodge their rifles against the pile, and will then drop their hands to their sides.

**Stand—Clear.** Ranks will step back one pace and turn to the right flank.

## UNPILING ARMS.

**Stand—To.** Ranks will turn inwards and take one pace forward.

**Unpile—Arms. One.** Everyone will grip his rifle at the band.

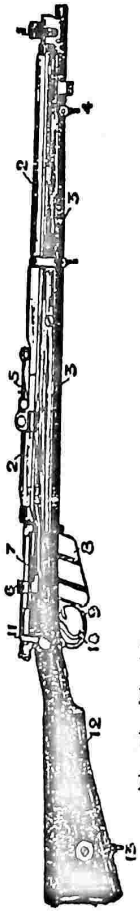
**Unpile—Arms. Two.** Swivels will be unlinked by raising and inclining the butts inwards, and the rifles brought to the Order.

**Unpile—Arms. Three.** The left-hand boy of the front rank will raise his disengaged arm. When he sees that every boy is ready he will raise his arm, when the front rank will turn about and the rear rank will step back a pace.

In piling arms, the command Fall—Out will be given after Stand—Clear. On falling in again the boys will place themselves in exactly the same place as they stood before falling out.

## SALUTING WITH ARMS AT THE SLOPE.

Carry the right hand smartly to the small of the butt, forearm horizontal, back of the hand to the front, fingers extended.




**Lee-Enfield (Short Rifle, Magazine) Mark III.**

1. Blade Foresight.
2. Hand Guard.
3. Stock Fore-end.
4. Swivel Piling.
5. Backsight
6. Bridge Charger-Guide.
7. Cut-Off.
8. Magazine.
9. Trigger Guard.
10. Trigger.
11. Bolt.
12. Butt.
13. Butt Sling Swivel.

# CHIVALRY.

By Sir Roger Casement, C.M.G.

## I.

Chivalry dies when Imperialism begins. The one must kill the other. A chivalrous people must respect in others what they strive to maintain in themselves. Hence it comes that when the age of empire begins the age of chivalry dies. So it has ever been. Rome the Republic, Rome the Nation, had her knights and knighthood, and the ideals of knighthood are the laws of chivalry. But Rome the Empire lost her ideals as she extended her frontiers, and when an Augustus or Claudius replaced a Cincinnatus or Horatius, Rome, the emporium of the world, had all things but knighthood and chivalry. That, the pearl of great price, had been lost when the pure heart of a warrior people, fighting for an ideal, was changed by the touch of wealth into base metal. The buckler of gold replaced the sword of defence, when the heart had lost all worth guarding. Rome was the first great illustration, but not the last in history, that where wealth accumulates men must decay. To be chivalrous we need not be poor but we must count money a poorer thing than honour. Love of money will surely kill all that is brave and chivalrous, all that is pitiful and pure in a man's heart. Hence it was that the young man was told to "sell all that thou hast and give to the poor." And the com-

mand,-mark you, was given to a "young man," Better still if we plant it in the boy's heart. It will already be a tree bearing fruit when he, too, is a young man. Christianity did not beget chivalry, but it codified it. Probably the two most chivalrous races in the world have been two non-Christian races—the Irish before the coming of Patrick, and the Japanese.

Na Fianna Eireann, long before Christianity came to our island revealed in their conduct the very virtues that Christian chivalry, in later ages, inculcated as essential to the order of knighthood. So, too, "Bushido" inspired in the Japanese a spirit of sacrifice, of daring and of unselfish devotion to chief and clan that in our own day has made the armies of the Mikado more powerful than the mighty hosts of imperial Russia. But the doom of "Bushido" is sure and certain when imperialism replaces patriotism in the Japanese heart. The chivalry of the sons of the Samurai that filled the trenches of Port Arthur with bodies for their comrades to scale over will be buried in the ravaged valleys of Formosa and in the desecrated homes of the Koreans. For a nation can only retain its chivalry by retaining its nationality; and it destroys this when it assails the national life of another people.

It is because Ireland is guiltless in this, above all other lands, that we may hope to revive in her, as national life revives, the guiding impulse of her earlier years. "When Ireland at last emerges, standing out clear on the world's horizon, her conscience will be Irish indeed—that will never fail—

but it will be also the conscience of the earth. None can hate her, none ever will, or can. Because of her own millennium-enduring tragedy she will love this suffering world, and because of her sufferings, her patience, her faith, her hope and her heroic and unconquerable resolve, the world will love her." (Standish O'Grady, in "The Gates of the North.")

## II.

Were I asked to define chivalry I could give no truer definition than that recorded again and again in the legends of the Fianna.

Let us take, for example, the story of Mac Lugach, the grandson of Fionn. At birth he was laid in the bosom of Fionn, who then laid him in his wife's bosom. Thus was he nurtured till his twelfth year had closed, and the age of arms had come. The boy is sent to Fionn, and plights service and fealty, striking his hand in Fionn's hand. Mac Lugach was sent to take his place in the ranks of the Fianna with whom he was for a year. We are told he was so indolent that but nine of his pupils had been taught to kill deer or boar, and worse far, "he beat his hounds and servitors." Then the Fianna arose at Ross, in Killarney, and complained to Fionn, bidding him choose between Mac Lugach and them. The advice Fionn thereupon gives his truant grandson embodies—in verse—the full precepts of the knightly life:—

> "Keep in hall a courteous mood
> Though in brunt of battle rude . . . .

Never beat thy hound for nought . . . .

Two-thirds of thy softness show
Women, babes that creep below,
Bards that varied verse evoke—
Nor be fierce with common folk.

Be not first to seek thy sleep
Where awake thy fellows keep . . . .

Speak not thou mere words of might,
Say not thou'lt not yield what's right—
For a shame is mightly speech
When the deed is out of reach.

Never thou thy chief forsake,
Till red earth thy life shall take;
Nor, for gold or gem reward
Fail in warrant to thy word.

Never long the ale horn hold,
Never once deride the old;
What is worthy, that maintain,
Make not of misfortune pain.

Food to foodless ne'er refuse,
Nor for friend a niggard choose; . . . .

Guard thy garments, guard thine arms
Through the heat of battle harms;
Ne'er to frowning fortune bow,
Steadfast, stern, and soft be thou."

—("Silva Gadelica" and "Fionn's Advice to Lugach" in "Bards of the Gael and Gall.")

This old Irish song, born of the days when Irishmen knew no other land but Ireland, knew no other

tongue but Irish, and were banded together in military array for no purposes of carrying war abroad, but solely for the defence of their own land, might serve as a test for the Knights of the Grail, and puts to shame the teachings of Trinity or of Oxford or Cambridge, of Paris or Berlin. Certainly no Christian university to-day either requires or imposes such test as this. If we would build anew a university of chivalry in Ireland we must go back to the national life when it was untouched by foreign influence and uncorrupted by foreign thought. We must teach the youth of Ireland of to-day what Fionn and the Fianna taught the youth of Ireland in the dawn of Irish story. For a nation's story is often more than its history. Such is, indeed, the case with Ireland.

Irish history is a disappointment, if we divorce it from Irish legends and the spirit born of them. But Irish legends furnish the patriot with every material for hope and pride, for "when read with sympathy and understanding, the student finds himself in vital union with some unimagined greatness of thought, fullness of feeling, and amplitude of soul, and becomes conscious of something that seems to suggest the mighty destiny, the cosmic significance, the daring and indomitable, far reaching, and far aspiring spirit of the Gael."

Here, in the age of legendary Ireland, before authentic history began, we have, in a sense, the most authentic age of all—for it is in this, the Age of the Heroes, we perceive what were the ideals and aspirations, what the purpose of the Irish heart. We

have these ideals, moreover, set in a setting such as, perhaps, no other European people can point to.

"Here, if never elsewhere, we are permitted to see majestic shapes of Kings and Queens, Chieftains and Brehons and Bards, splendidly attired. How they gleam in the large rich light shed abroad over the triumphant progress of the legendary tale. We see duns, snow white, with roofs striped crimson and blue, chariots cushioned with noble skins, with bright bronze wheels and silver poles and yokes. The lively-hearted, resolute steeds gallop past, bearing the warrior and his charioteer, with the loud rattling of armature, of battle stones, of spears and darts. As in some bright young dawn, over the dewy grass, and in the light of the rising sun, superhuman in size and beauty, their long yellow hair curling over their shoulders, bound around the neck with torcs of gold, clad in white linen tunics and floating brattas of crimson silk, fastened on the breast by huge wheel brooches of gold, their long spears musical with running rings, with naked knees and bare crowns, they cluster round their Kings, the Chieftains and Knights of the heroic age of Ireland."*

It was in such surroundings as these, in such a school as this Irish chivalry was born. And it is because Irish legends give us this picture of the Ireland that was, that we turn to these legends with pride and hope, all of us who are trying, ever so

* This and following quotations are from Standish O'Grady's "In the Gates of the North."

little, to mould the Ireland that is to be. For the legends tell us not only of the past—they point what may be if we are brave, what must be if we are faithful.

"The legends give us the imagination of the race, they give us that kind of history which it intends to exhibit, and, therefore, whether semi-historical or mythical, are prophetic. They unveil, if obscurely, the ideals and aspirations of the land and race which gave them birth; and so possess a value far beyond that of actual events, and duly recorded deeds.

"Our heroic literature is bound to repeat itself in action and within the constraining laws of time and space and the physical world. For that prophecy has been always and will be always fulfilled. The heroes are coming, of that you may be sure; their advent is as certain as time. Listen well and you may hear them, hear their glad talk and their sounding war songs, and the music and thunder of their motion. The heroes are coming; they are on the road."

## III.

The heroes are coming. That is the word to Ireland. Have you ever looked upon the face of Ireland, that strangely beautiful face, and asked yourself the question, "When will the sleeper waken?" And if so, have you not seen, oh! frail of vision, that she you thought sleeping was all the time asking *you* a question? Ireland is always asking a question. She asks it of every Irish boy when

he comes "to the age of arms." She asks it of every daughter of Erin when the woman's heart begins to beat in her bosom.

That question? We all know it. The answer is what we do not yet know. The heart of the boy must find it; the strong arm of the man deliver it. And the purpose of chivalry is to fit the boy to be this man. The Irish knight of to-morrow, the boy of to-day, must train himself in patient self-sacrifice, in physical and mental discipline, and walk in the footsteps of Fionn and his boy knights to answer this question Ireland puts to so many of her children. And in this answer the daughters of Ireland too must share.

"Rise from your knees, oh daughters, rise,
Our mother still is young and fair:
Let the world look into your eyes
And see her beauty shining there.
Grant of that beauty but one ray,
Heroes shall spring from every hill,
To-day shall be as yesterday—
The red blood flows in Ireland still."

The boys of to-day, if they bend them to the holy task, shall be the chosen men of to-morrow to prove that the red blood flows in Ireland still.

"Within thousands of those 'small curly heads' thoughts have been kindled that Dr. Whately wots not of. Under many a thin, poor little jacket, who can tell what a world of noble passion has been set aglow, what haughty aspirings for them and their ancient land; what infinite pity; what hot shame for their trampled country and the dishonoured

name of their fathers: what honest wistful rage." Thus John Mitchel in 1848.

It is the task of our school of chivalry to arm and equip this "honest wistful rage" to accomplish the great task set before the unarmed boys of Ireland.

## IV.

The spirit of chivalry it was that called Fionn Mac Cumhail and his Fianna Eireann to guard the coasts of Ireland near two thousand years ago; and it was the self-same spirit, manifesting itself in the self-same way, that inspired the Fenians of fifty years ago.

The Fianna of Fionn's day banded themselves together in vows of disciplined obedience, self-denial, and service to their country to defend Ireland from the imperial conqueror of the world. And they made good their vow. The aim of imperial Rome, in Agricola's phrase, was "to war down and keep possession of Ireland, so that freedom might be put out of sight." The Fenians of A.D. 100 accepted that challenge. They pitted the trained manhood of Ireland, the chivalry of the Gael against the fleets and legionaries of Imperial Rome, and while Fenian spears and Fenian kings ruled in Erin the freedom of the world was not extinguished.

What an inspiration of chivalry was theirs, when after seven hundred years of the most ruthless tyranny the world has ever known, their far-off memory awakened in their remote descendants, among the young men of Ireland in 1860, the self-

same spirit of self-sacrifice, the self-same determination to achieve, through trained and daring manhood, the freeing of the shores of Erin. Although the Fenians of the nineteenth century failed against the imperialism of a later day, they did not strive, they did not suffer, they did not die in vain. Inheritors of a chivalrous past, they have handed on the torch to us.

Would you have a picture of true knighthood, you will find it in the prison cell of the Fenian soldiers of 1866. And would you have a picture of the dastard and liar, of him against whom the laws of chivalry were aimed, you will find it in the conduct of those "officers and gentlemen" who tried the Fenian soldiers by courtmartial and doomed them to the gallows, the branding iron, the convict's cell and the convict hulk. Here are the two types—Irish chivalry personified in the convicted soldier-felon, and felony personified in their judges.

While the young Fenian soldier, John Boyle O'Reilly, lay in Arbour Hill Prison in Dublin in 1866, awaiting sentence of death, he wrote a letter recounting some of the experiences of the boy-rebel soldiers who were in jail beside him. Of one of these, Tom Chambers, he wrote: "Poor fellow, he's the truest-hearted Irishman I ever met. What a wanton cruelty it was to brand him with the letter D, and be doomed a felon for life. Just imagine the torture of stabbing a man over the heart with an awl, and forming a D two inches long and half an inch thick and then rubbing in Indian ink." Speaking of the Irish soldiers who had turned

"Queen's evidence" and informed on their comrades, he goes on: "They told those poor cowardly hounds who *did* inform that Chambers and I were going to give evidence against them—so as to frighten them into giving evidence against us. This has been done by officers and gentlemen!

"Well, even if we never see home or friends again, we are ten thousand times happier than any such hounds can be. When we go to our prisons and all suspense is over we will be quite happy. Never fret for me, whatever I get. Please God, in a few years I will be released and even if prevented from coming to Ireland will be happy yet. And if not, God's holy will be done. Pray for me and for us all. It would grieve you to hear the poor fellows here talking. At night they knock on the wall as a signal to each other to pray together for their country's freedom. Men who were a few months ago careless, thoughtless soldiers, are now changed into true, firm patriots, however humble. They never speak on any other subject, and all are perfectly happy to suffer for old Ireland."

In this letter, written by a young Fenian soldier, just twenty-two years of age, a letter smuggled out of prison, we have a patent of nobility no King of England or Czar of Russia could give. And more than that. We have in it a picture no other land but Ireland can paint. What chivalry of soul, what chivalry of heart was theirs, those young soldiers, convicted of high treason, sons of the people, true Fianna Eireann, who, awaiting the doom upon their imprisoned bodies, signalled each night to

each other so that all might pray together, not for themselves or their own fate, but for the freedom of their country.

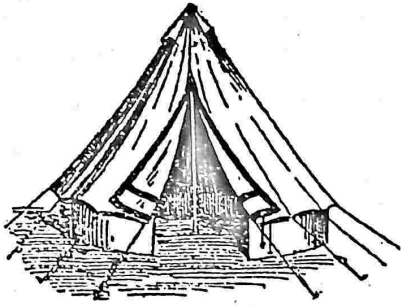
The heroes are coming, I quoted just now; nay, the heroes have come, the heroes are with us now.

The boys of Ireland will keep green the graves of the Fenians and will keep their memories in their hearts, their example ever before them. The inheritance of chivalry is with us still—a motherland to serve, a fair country to be freed. For this we shall need all the chivalry of the Irish heart, all the training and manhood of the Irish body, all the service, devotion, and self-sacrifice of our boys and young men. The true knight is he who keeps the boy's heart in the trained body of the man.

# CAMP LIFE.

**Tents.**

The choice of the tents is a matter of personal taste. For a standing camp I prefer the ordinary military bell tent. It is a strong useful article and can be purchased for thirty shillings or two pounds second-hand. For a moving camp or



week-end "hike" the small "Fianna" tent has the advantage. It is light enough to be carried without any inconvenience by one boy relieved of other impedimenta, or may be folded neatly on the cross-bar of a bicycle.

**How to Pitch a Bell Tent.**

The officer in charge of the camp should appoint a squad of six boys with a corporal or leader for the pitching of each tent. The squad having "numbered off," the duties of each boy is detailed as follows:—

No. 1 marks the position of the tent and drives a peg on the spot where the pole will rest.

No. 2 hands pole to No. 1.

Nos. 3 and 4 distribute the tent pegs in a circle about three yards from No. 1.

No. 5 and 6 unpack the tent, seeing that the door of the tent faces in the required direction.

No. 1 now places the pole between his heels while No. 2 drives the cap of the tent on the pole.

Nos. 3, 4, 5 and 6 hold the leading guys—which are usually coloured red.

On the command "Stand By" No. 1 gets inside the tent, and on the further command "Raise Tent" Nos. 1 and 2 raise the pole, while Nos. 3, 4, 5 and 6 manœuvre the tent until they are standing at the four corners of a perfect square. They then drive in the pegs, working from rear to front, that is, from their corner in the direction of the tent door.

Nos. 3 and 4 place the mallet and spare pegs in the bag and pack it inside tent.

When this is completed the squad "falls in" outside the tent and awaits further orders.

Tent-pitching carried out in this way ought not to take more than 10 minutes.

The following points should be observed in pitching a bell tent:—

The door of a tent should face leeward. See that the door is secured before starting to pitch the tent otherwise it may not close when the tent is up.

The pole must be perpendicular to the ground. A flat stone under the pole will prevent it sinking into the ground. See that the rounded end of the pole is driven well into the cap or socket at apex of tent.

When a tent is pitched correctly, the canvas walls, when let down, will just reach the ground. If the wall does not reach the ground the guy-rope pegs have been driven too far away from the tent and must be brought closer; if the walls drag on the ground the pegs must be carried further out.

**To Strike a Bell Tent.**

No. 1 gets inside the tent and No. 2 closes the door and keeps it closed till the tent is struck. Nos. 3, 4, 5 and 6 pull out all the pegs except the four leading guys, which they draw last of all, holding on to the ropes.

On the command "Strike Tents" No. 1 lowers the tent towards the rear and No. 2 takes the pole, and if in two parts separates them and ties them together.

Nos. 3, 4, 5 and 6 spreads out the tent and folds it neatly for the valise.

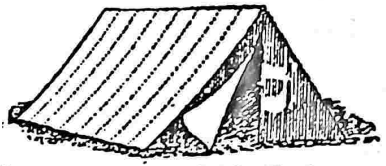
Nos. 3 and 4 collect the pegs and place them in the peg bag.

Nos. 5 and 6 place tent and peg bag into the valise.

**The "Fianna" Tent.**

This tent holds four boys comfortably. It is made of calico and measures about 6 feet square at the base and 4 feet 6 inches high. It takes two poles of the lightest material, and ordinary iron holdfasts may be used as pegs. This tent is specially made for the Fianna by Messrs. Lanigan & Co., Eden Quay, Dublin, and costs only ten shillings.

To pitch this tent quickly the four boys open out the tent till it forms a perfect square and place a peg in each corner. Nos. 1 and 2 place the poles



in position, while Nos. 3 and 4 fix the two guy ropes at front and rear of tent. The remainder of the pegs are driven into their positions by Nos. 1 and 2 and the tent is pitched.

**Camp Comfort.**

When the tent has been pitched the next thing to do is to make it snug and comfortable. The novice talks a lot about "roughing it," and some boys are so full up with the idea of having a rough time that it would be well for the officer in command to disillusion his scouts on this point before bringing them to camp. The old camper does not rough it unnecessarily. He is as cute as

a fox and knows a hundred and one ways of making himself comfortable under the most adverse conditions.

A trench about 5 inches deep should be dug immediately under the edge of the tent roof, not under the wall of the tent. The loose earth ought to be piled on the side next the tent, and a small channel formed where the ground slopes downwards to carry the water away from the tent.

The floor of the tent should be levelled by banking it up with earth. This will keep the interior of the tent dry when the ground outside is swimming with water.

A good night's sleep is as important as a good supper, and preparations for the night ought to be made as soon as the tent is all right. If you are camping for a few days or a week stretchers or camp beds are altogether unnecessary. A couple of armfuls of new hay or straw and a waterproof sheet make excellent substitutes. When sleeping on the ground never omit cutting a small hollow in which the hip joint will rest. You will be surprised to find how much more comfortable this will make your night's rest.

In addition to a waterproof sheet each boy ought to have two blankets. Remember that in order to keep warm you must have as many blankets under you as you have covering you. In summer time cold comes chiefly from beneath because the earth often cools more rapidly than the air. A good plan is to spread a number of newspapers under you. A layer of newspapers between a pair of blankets at

least doubles their warmth. Above all things do not forget a pillow. Few boys realise how necessary a pillow is to a sound sleep until they have to do without one. Make a bag of a rough piece of calico and fill it with leaves for a pillow. There is no weight in it and it is worth all the trouble.

**Camp Duties.**

When camping in large numbers the officer in command should divide his company into squads of six or eight boys under a leader or corporal. The leader will appoint the following each day:—

One cook, one washer-up, two fuel gatherers, one tent cleaner, one orderly.

The orderly ought to be dressed in full uniform and will act as sentry while the others are at work.

The leader must look after the supplies, as this duty cannot be changed from day to day.

The leader should not permit his scouts to throw things about the tent. The kit of each scout should be packed neatly in the tent with the articles he requires during the daytime on top, and the night kit, blankets, shirts, etc., at the bottom.

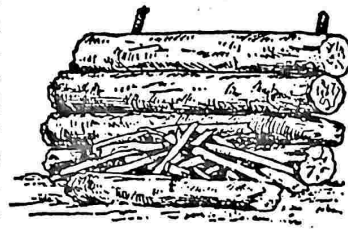
**Camp Fires.**

Amongst the Indians of America it is considered a privilege to light the camp fire for the tribe. So, too, with scouts it ought to be an honour to be appointed to light the camp fire, and every Fiannaidhe should practice fire lighting till he is as adept as an Indian. A fire must be built system-

atically. First get a heap of inflammable material such as paper, twigs, dry dead branches, fir branches, etc. Place these on the ground, paper and twigs at the bottom and heavier sticks on top. See that the air can draw under it and upward through it. Dry logs may be added as soon as the fire has developed.

Every precaution must be taken to prevent the fire spreading. Never build a large fire near a tent, furze or inflammable pine trees. Cut away or burn all grass, bracken, etc., round your fire to prevent it setting light to the surrounding furze or bush.

A good cooking fire may be made in the following manner:—Drive two stakes into the ground about 2 feet apart and both stakes sloping backwards. Cut your logs the required length and lay them in layers along this slope. A log or two in front will form a front bar for the fire. Between this bar and the back logs the fire is kindled in a small hole. As the lower log burns in the centre it falls into the hole. As the lower log burns the weight of those above forces it down and the fire is automatically fed.

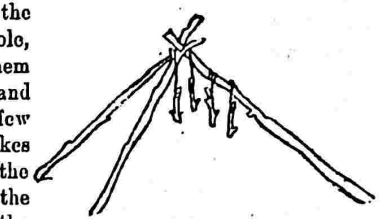


When cooking for a large party a camp kitchen should be formed by building two lines of sods or bricks flat at the top and about 5 or 6 feet long, the

walls being 4 inches apart at one end and 8 inches at the other, the wide end being towards the wind. Secure two stakes forked at one end and drive them into the ground at each opening. A green log for suspending billies, etc., may be used as a cross-bar.

**Camp-Tripods.**

F. M. Baxter, in the magazine "Outing," gives some diagrams of American Camp-Tripods. He says:—"All you want for the three-pole tripod is a ball of string and a tomahawk. Cut two poles about 6 feet and another about 8 feet to 10 feet long; but shorter ones will do if they are easier to get. In trimming off the branches, a small crotch should be left at the top of each pole, which will lock them firmly together, and lashing on a few turns of cord makes t secure. Put the ripod with the upper third of the long pole over the spot where you wish to build the fire. On it you can hang kettles or cans, as illustrated. In fastening the cords to the hangers, it is a good idea to have an adjustable hitch, so that you can lengthen or shorten at pleasure. Such a tripod will stand either on soft or on rocky ground, and if necessary you can cook half-a-dozen different things at one time, given each its required heat. A modification of the tripod is to



stick a short pole into the ground, with a stone or a crotch stick to support it. That serves for a quick meal. In the case of the three-pole tripod, you can, if on the move, take the strings and hangers with you.

**A Rough Grill.**

A good way is to get a piece of wire, and bend it in the form of your hand and arm, commencing from the elbow. You first go down the back of the hand to the point of the little finger, and back to the butt of it—say, six inches or so, for the hand is a large one. Follow the outline of the fingers in the same way, and when finishing the outside of the thumb, continue the wire back to the elbows. The two long outside ends make the handle.

**To Keep Game.**

Game killed in hot weather is most likely to "keep" with the fur or feathers left on. The reason for this is that both feathers and fur are bad conductors of heat. They keep the living animal warm by preventing the heat which is generated in the body from passing off. In exactly the same way they keep the heated atmosphere from affecting the flesh of dead game.

**Camp Birds.**

The better way of cooking all but the larger birds for camp purposes is to stew them with potatoes and onions, making them simply a substitute for meat in an Irish stew. You can either fry

or boil the smaller birds by splitting them in two, and a good aboriginal way of cooking them is to draw the birds without plucking them, roll them in paper or a cloth, and bake them in a hole under a fire. When they are properly baked in this way, the skin and feathers come cleanly away from the flesh.

**The Mud Mould.** In places, as sometimes occurs, you may not be able to get rushes, or green twigs. Knead clay into a paste the consistency of putty; cover each bird or fish about an inch thick with a moist clay so that it is completely enveloped, then lay on the previously prepared fire, and in 20 to 25 minutes they are cooked to a turn. The clay is then quite hard, and when you crack it, the skin adheres to the clay. Do not trouble to take out entrails or pluck the feathers off, simply tuck the head and neck under the wing. The feathers and skin will adhere to the clay. Of course, birds can be plucked and drawn if time allows.

**Bad Water.** If stationary water is dirty or muddy, a good way to clear it is to put several handfuls of fine ashes in a billy or bucket. Then fill it with water, and stir with a stick. It will be found that the ashes, when they have settled down over-night, take all the impurities to the bottom with them, leaving the water above pure and tasteless.

If the water is inclined to be stagnant, has a greenish scum or contains insects, boil it before using in any form.

**Keeping Butter Cool.—The best plan to keep butter cool in summer time is to wrap**

**Bread and Butter.** the tin or bottle containing it in a wet cloth, and place it in the shade where the breeze can blow on it. This is much better than putting it in water.

About Bread.—If you are not able to easily renew your supply of bread, you may have to keep it for a very considerable time. If it gets very stale, wrap it in a wet cloth, and steam it for a while in one of the billies. You will find that this considerably improves it.

Several plans are suggested for making bread. Make a medium stiff batter with one cup of flour, a small teaspoonful of salt, a heaped-up teaspoonful of baking powder, and enough water for a thick batter, something between dough and paste. Put it into a well-greased frying pan, and bake close to the fire, but not absolutely on it. After a few minutes the batter rises and stiffens. Prop the pan in an almost perpendicular position. When one side is done turn the other. You can always tell when such a loaf is done by running a splinter of wood into it. If the splinter comes out perfectly clean, the loaf is done, but if it brings out a pasty-looking dough with it, more baking is required. If you have no pan or utensil of any kind to bake the bread, there is an old backwoodsman's plan that serves. This is to cut a green bough, pulling the bark off, and wind the dough in strings about the stem. Turn it frequently like a spit, and it bakes very quickly.

If you want to carry a loaf of bread and some

butter, a good plan is to cut the loaf in two, hollow out a space in one half, fill that with butter, put the pieces together, and tie them.

**Potatoes.**

Potatoes are cooked according to age and size. Old potatoes are peeled and put into cold or warm water, to which a lump of salt the size of a walnut has been added. New potatoes are scraped and put into boiling water that has been salted as above. Twenty minutes is quite sufficient for the boiling, but at any time the potatoes can be tested by a fork. When the fork goes in with a little pressure into the potato, that potato is ready to start on its destination. The water is now drained from the pot, and the steam allowed to escape. In putting potatoes into the pot, the larger are put in first and then the smaller. Otherwise they will be unequally cooked.

**Steamed Potatoes.**

Dig a hole a foot deep in the ground. Pave the inside of the hole with flat stones and build a fire on the stones. When the stones are well heated rake out the fire and throw in the potatoes. On the top of the potatoes pour a bucket of water, and immediately cover the hole with sacks, branches, etc., and pile earth on top of the whole. At the end of half an hour the potatoes will be found done. This is a palatable way of cooking potatoes.

**Greens.**

Place greens, cabbage and so on in boiling salted water and keep them boiling. Otherwise they will be green no longer when they come out of the pot. When the stalky parts become tender the whole is ready for eating. Then turn the greens out of the pot and drain them of water.

Parsnips, carrots and all root vegetables generally should be put to boil in boiling water. There are two exceptions, potatoes and beetroot.

**Meat.**

If the meat is desired boiled, it should be placed in boiling water, to every quart of which is added a teaspoonful of salt. The water should never be allowed to boil up but should be kept simmering. The best way, however, to prepare boiled meat is by cooking it in a "Hunter's Stew," such as that described below.

**Hunter's Stew.**

Chop the meat into small chunks about an inch or so square. Scrape and chop up any vegetables available, potatoes left over, turnips, carrots, onions, etc., and place them in the cooking can, adding water or soup until it is half full. Next mix flour, salt and pepper together and rub the meat well into the mixture. Place the prepared meat into the can or kettle, making sure that there is only just enough water to cover the whole. An hour and a quarter should suffice to stew the meat.

**Stewed Rabbit.**

Remove the skin of the rabbit in the following manner:—First cut off the feet, then make a cut through the under body skin at the tail end. The skin is gradually worked off the back legs, the tail stripped, and then the skin pulled off the back towards the head. Finally it is pulled off the shoulders, neck and head, and the ears and snout cut off. Then clean the inside and cut the rabbit to pieces, placing the pieces in a billy with enough water to cover them. Pepper, salt and an onion are then added, and the stew left to simmer for an hour. At the end of that time it is thickened with a tablespoonful of flour.

**Rice.**

Rice is boiled by throwing it into madly-boiling water. Ten minutes will see it finished. Boiled rice and preserves is a dish fit for the best scout in the camp.

**Eggs.**

When boiling eggs the water must be at boiling point. Three minutes will produce a soft-boiled egg. If the egg is required hard, put it in cold water; bring to a boil and keep boiling for twenty minutes.

**Bacon and Eggs.**

Bacon is fried in its own fat. Do not have the bacon sliced too thinly as they burn up quickly on a good camp fire. Nick the rind before putting the slices on the pan—this prevents the

bacon from curling up. Eggs are cooked in the fat of the bacon after removing it from the pan. Do not smash the yolks of the eggs when breaking the shells. Run the knife underneath them so as to prevent them sticking to the pan while they are being cooked.

**Porridge.**

This is a good breakfast dish not often seen in camp. For six boys put two cupsful of oatmeal into a saucepan or billy containing six cupsful of water and a teaspoonful of salt. Bring it to a boil and allow it to thicken for about five minutes.

**Tea, Coffee and Cocoa.**

Tea is a most stimulating beverage when it is properly made. See that the water is absolutely boiling before pouring in the leaves. It is better to throw the leaves right in when the water is boiling than to spoil the brew by throwing them in when the boil is gone down. A teaspoonful of leaves is ample for two cups of tea. In making coffee bring the water to boiling point, allow a teaspoonful of ground coffee for every cup. Boil for a couple of minutes, put in milk and sugar to taste and boil again for half a minute. This makes first-rate coffee for camp if not for an evening party. Mix one teaspoonful of cocoa with sugar in your cup, pour in boiling water or milk, and your cocoa is made.

**Menu.** Breakfast: Porridge or bacon and eggs, with tea and bread and butter. Dinner: Hunter's stew with baked potatoes, rice and preserves or coffee. Supper: Bread with cheese or jam, cocoa or milk.

Wash up after each meal. To clean greasy knives and forks jab them into the earth a few times and all the grease will be removed. Greasy pans and dishes may be cleaned by rubbing them with a sod of grass and finally rinsing them in warm water.

### Camp Programme.

6.30 a.m. Turn out and bathe.
7. 0 a.m. Breakfast.
8. 0 a.m. Air bedding in sun and clean up camping ground.
9. 0 a.m. Scouting Games.
11. 0 a.m. Swimming.
12. 0 noon. Dinner.
2. 0 p.m. Campmaster's talk on woodcraft, tracking, etc.
3. 0 p.m. Drill, skirmishing or scouting.
6. 0 p.m. Supper.
7.30 p.m. Camp Council, followed by camp-fire yarns, songs, etc.

Council:
1. Roll Call.
2. Reports of Scouts.
3. Complaints.
4. General business and next day's arrangements.

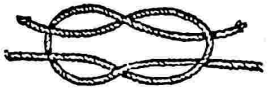
# KNOT-TYING.

A good scout knows all the principal knots, how to tie them and when to use them. Intelligent understanding of knot-tying will be as useful to the boy in every-day life as they are essential in his life as a scout. In camp, if he wants to shorten a tent-rope without cutting it he uses the **Sheep-shank**; if he requires a noose that will not slip, such as one must use in lowering a person from a burning building, he knows at once that the **Bowline** is just the thing. And so he knows how to tie the right knot in the right way in an emergency or for ordinary use. The saving of a life may depend on a knot. Thousands of lives have been sacrificed on badly-made knots.

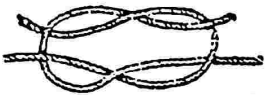
There are three qualities that go to make a good knot:—

1. Rapidity with which it can be made.
2. Its ability to hold fast when pulled tight.
3. The readiness with which it can be undone.

The following knots are the ones a boy will require most in his work as a scout, the knowledge of which are essential to his passing the test for second class Fiannaidhe. In order to understand the details following the scout must know that—(1) The standing part is the long unused portion of the rope on which he works; (2) The bight is the loop formed whenever the rope is turned back upon itself; and (3) The end is the part he uses in leading.

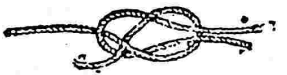


**Square or Reef Knot.** The commonest knot for tying two ropes together. Frequently used in first aid bandaging. Never slips or jambs; easy to untie.



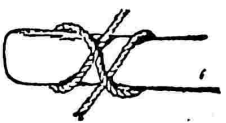
**False Reef or Granny.** If the ends are not crossed correctly when making the reef knot, the false reef or granny is the result. This knot is always bad.

**The Figure of Eight Knot.** Make a bight as before. Then lead the end around back of the standing part and down through the bight.



**Sheet Bend or Weaver's Knot.** This knot is used in bending the sheet to the clew of a sail and in tying two end-ropes together.

Make a bight with one rope A, B, then pass end C, of other rope up through and around the entire bight and bend it under its own standing part.

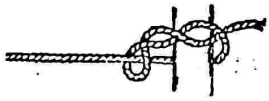


**Clove Hitch.** Used to fasten one pole to another in fitting up scaffolding; this knot holds snugly; is not liable to slip laterally.

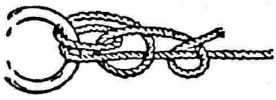
Hold the standing part in left hand, then pass the rope around the pole; cross the standing part, making a second turn around the pole, and pass the end under the last turn.

**Two Half Hitches.** Useful because they are easily made and will not slip under any strain.

Their formation is sufficiently indicated by the diagram.

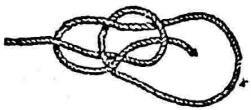


**Timber Hitch.** Used in hauling timber. Pass the end of the rope around the timber. Then lead it around its standing part and bring it back to make two or more turns on its own part. The strain will hold it securely.



**The Fisherman's Bend.** Used aboard yachts for bending on the gaff topsail halliards. It consists of two turns around a spar or ring, then a half hitch around the standing part and through the turns on the spar, and another half hitch above it around the standing part.

**Sheepshank.** Used for shortening ropes. Gather up the amount to be shortened, then make a half hitch round each of the bends as shown in the diagram.



**The Bowline.** A noose that neither jams nor slips. Used in lowering a person from a burning building, etc.

Form a small loop on the standing part leaving the end long enough for the size of the noose required. Pass the end up through the bight again. To tighten, the bight around the standing part and down through hold noose in position and pull standing part.

# SIGNALLING.

Signalling is an important service in modern warfare. In the days when troops went into battle in close formation the commands were passed by word of mouth or carried by messengers from point to point. Such a course is nowadays impossible, for great distances often separate the various units of an army operating in the field. Signalling (by heliograph or flag during the day and flash signalling by lamps at night) is one of the many methods of communication now used. Both the Morse and Semaphore should be learnt by every boy who wishes to become an efficient scout.

## SEMAPHORE.

This rapid and simple means of signalling ought to be learnt by every fiannaidhe. The youngest boy scout can, after a little practice, easily read the Semaphore, if correctly sent, at a rate up to twenty letters a minute. This system will be found useful in camp, on scouting expeditions, etc., in communicating short distances.

A glance at the diagram will show that the alphabet, numerals and various signs are determined by the positions of the arms to one another. These positions are made visible to the distant observer by flags held in each hand. The diagram shows the correct angles at which the flags are held.

The flags are of two sizes, The small flag, which is large enough for Fianna, is 2 feet square. The larger one is 3 feet square. The pole is the same size for each flag and is 3 feet 6 inches long, ¾-inch diameter at the butt, tapering to ½-inch at the top. The colours of the flags should be such as are visible against the background. The colours most commonly used are—(1) white with a blue horizontal stripe for use with a dark background; and (2) dark blue for use in a light background, such as a white house, sky-line, etc.

The Semaphore alphabet is divided into seven circles. By learning one circle at a time you will master it much quicker than learning it in the ordinary alphabetical order.

1st Circle—A to G.

2nd Circle—H to N, omitting J.

3rd Circle—O to S.

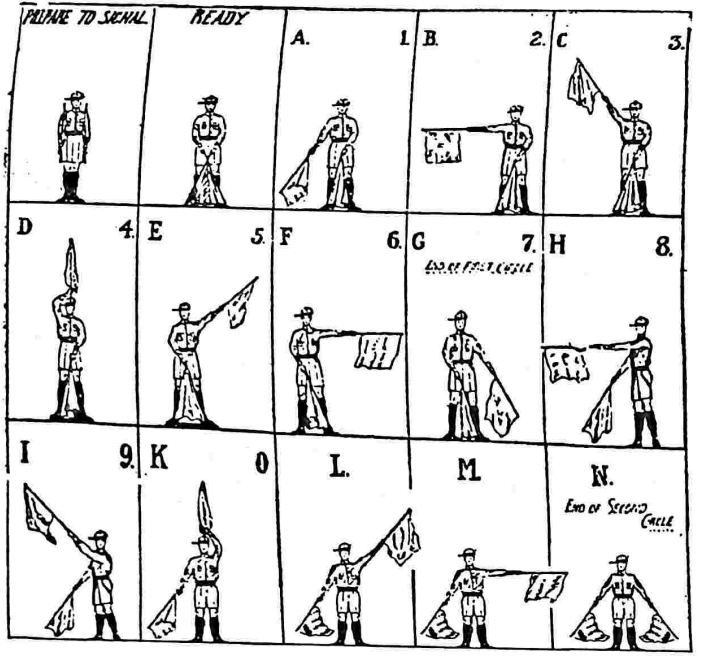
4th Circle—T, U, V, and "Erase."

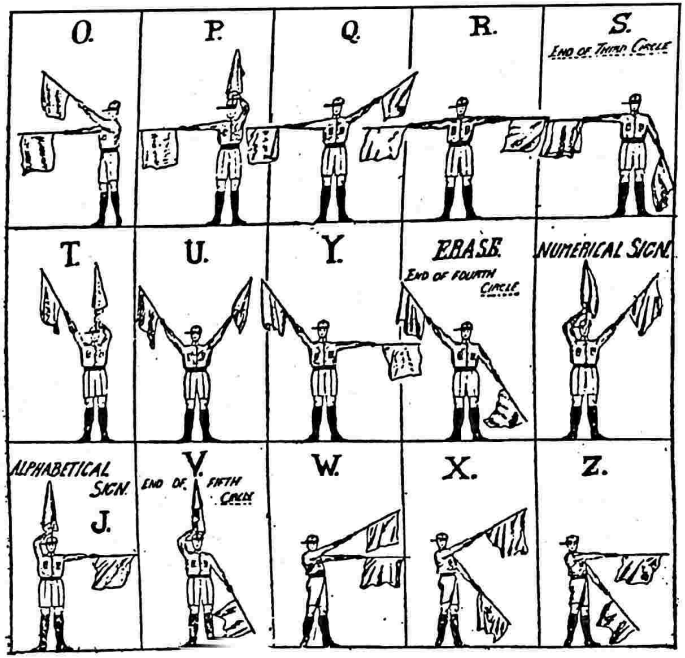
5th Circle—"Numerical Sign."
J (or Alphabetical Sign) and V.

6th Circle—W and X.

7th Circle—Z.

In the first circle A to C is made with the right arm, D may be made with either arm, and E to G with the left arm **only**. Care must be taken to hold the arm at the correct angle. The arm not engaged must be kept well in front of the body, as shown in the diagram.


PREPARE TO SIGNAL
READY
A. 1
B. 2.
C 3.
D 4.
E 5.
F 6.
G 7.
END OF FIRST CALL
H 8.
I 9.
K 0
L.
M.
N.
END OF SECOND CALL


O.
P.
Q.
R.
S.
END OF THIRD CIRCLE
T.
U.
Y.
ERASE.
END OF FOURTH CIRCLE
NUMERICAL SIGN.
ALPHABETICAL SIGN.
J.
V.
END OF FIFTH CIRCLE
W.
X.
Z.

To form H, the first letter in the 2nd circle, place the right arm in the position of A, and bringing the left across the body, turning well on the hips to the position of B. Throughout the 2nd circle the right arm is kept stationary at A, whilst the left moves in the same direction as the hands of a clock through successive angles of 45 degrees, till it reaches its final position at G. In the 3rd circle the right arm is kept in the position of B, and the left, starting from the C position, moves in same manner as in previous circle. In the 4th circle the right arm is held at C, in the 5th circle it is held at D, in the 6th circle at E, in 7th circle at F, the left arm only being moved, on the same principle as before.

When you are able to go through the entire seven circles you should practice sending a letter and its opposite, for instance, A and G, H and Z, I and X, P and J, Q and Y, and so on.

At the outset be careful not to adopt a slovenly style in sending, as a bad style in sending will only make it difficult or impossible for the reader to understand your message. Study carefully the position of the arms in the diagram, and practice putting the arms at the correct angles.

## SEMAPHORE DRILL.

A leader should teach the semaphore to his section, taking care that the boys under him pay attention to the following points:—

**Prepare to Signal.**—All boys stand to attention, holding the flags in a perpendicular position against the arms.

**Ready.**—Carry the left foot about ten inches to the left, at the same time drop the flags in front of the legs at the full extent of the arms, the pole of the right flag crossed in front of the left.

**Commence A B, etc.**

The signaller must stand exactly facing the person or station he is sending to.

The flags must not be allowed to incline to the rear.

The flags must not be allowed to cover one another when making the letters O, T, W, or "numerical sign."

The signaller should turn well round on the hips when making such letters as H, O, X, etc., keeping his eyes and head facing the front.

When double letters occur the flags must be brought well into the body after the first letter is made.

Do not send too fast. Twenty letters per minute (which is all that is necessary to pass first-class test) is quite fast enough, and if properly sent will be easily read. Sending messages too quickly will confuse a poor reader, and will, therefore, mean extra work and waste of time.

## SENDING MESSAGES.

**To call up.**—Send the letter J, move the flags by twisting the wrists only. The receiver will answer by sending J **without** moving the flags.

At the end of each word the flags are to be brought to the position of "Ready."

The flags are not to be brought to the "Ready" position after each letter, but if the flag is in the position to form, or assist to form, the next letter it will be kept steady. For instance, in the word "fenian," the left flag is placed at F, after a slight pause it is brought up to E, after a similar pause it is dropped to G, and the right moved at the same time to A forms the letter N. In forming the remainder of the word the right flag is kept stationary at A.

When signalling the sender should have some one to read aloud the message to him at the same rate as he is able to send. The reader should have someone to write down the message as he receives it. Never guess a letter or a word, it only leads to confusion, and might lead in actual work to disastrous results.

If the reader has received the message correctly he acknowledges by a single dash ("T" made as in Morse). If the message has not been read he makes no sign and the sender repeats word or group.

At the end of every message send V E (in one group). If receiver is satisfied that he has got the message correctly he will send R.D.

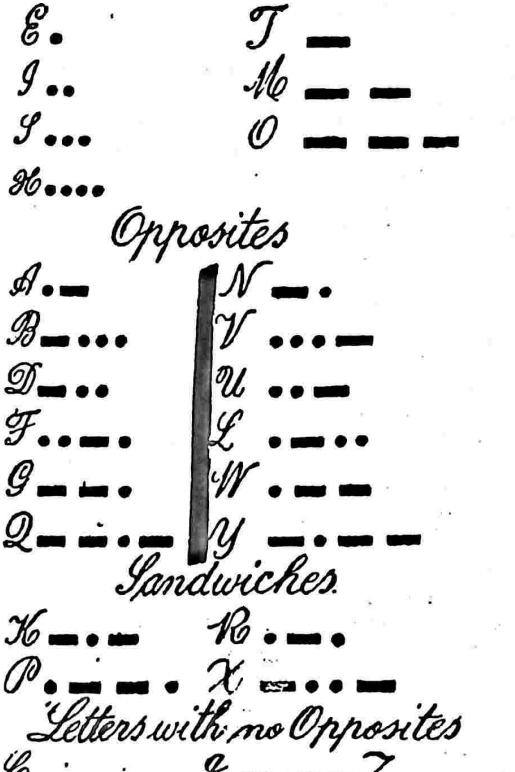
## THE MORSE CODE.

The letters in the Morse system are formed by what are called the "dot" and "dash." The important thing to remember is that the Morse Code consists of the time taken in making the "dots" and "dashes" and the interval between each symbol. A "dash" is equal in duration to three "dots." After each letter an interval equal in duration to one "dash" is made. After each word an interval equal to two "dashes."

A good way for scouts to teach themselves the Morse in correct time is to use the word **Iddy** to represent the "dot" and the **umty** to represent the "dash." Pronounce the **Iddy** as rapidly as possible and the word **umty** slowly, with the accent on the first syllable. Thus instead of "dot-dash," which sound exactly the same length as one another, say **Iddy-umty.** Observe carefully the precise lengths of "dots" and "dashes" and separating intervals and maintain a uniform time throughout.

In signalling the letters may be represented by the short and long waves of a flag, or by short and long whistles, or by short and long flashes from a lamp, or by other methods on the same principle.

The easiest way of learning the Morse alphabet is in groups as follows:—


E
I
S
H
T
M
O
Opposites
A
B
D
F
G
Q
N
V
U
L
W
Y
Sandwiches.
K
P
R
X
Letters with no Opposites
C
J
Z

## Numerals

| | | | |
|---|---|---|---|
| 1 | • — | 6 | — • • • • |
| 2 | • • — | 7 | — — • • • |
| 3 | • • • — — | 8 | — • • |
| 4 | • • • • — | 9 | — • |
| 5 | • | 0 | — |

## SIGNS USED BY INDIANS OF AMERICA.

# FIRST-AID.

**Introduction.**

Rendering First-Aid simply means giving immediate aid or help to one who has met with an accident, or who has been struck down by sudden illness. You can easily understand that, properly done, it may mean the saving of a limb in a case of fracture, or of a life in a case of severe hæmorrhage—truly a noble work; moreover, if an accident should befall yourself you will be able to instruct your comrades what to do for you. Therefore, when you join a First-Aid Class, make up your mind that it is a subject worthy of your attention, and be punctual in attendance so that you may miss nothing.

Remember that First-Aid does not mean that you are going to become an amateur doctor, or that you are taking on yourself the responsibility of his greater knowledge and skill; you are only doing in an intelligent manner something to ease the pain of the sufferer, and to prevent further mischief, until the medical man arrives.

When called upon to act, do so with coolness and self-possession, avoiding flurry, which only leads to confusion; this faculty of calmness comes with the possession of knowledge.

To understand the reason of first-aid work, it is necessary to know something of the structure of the human body (Anatomy), and of the functions, or

work done, by the principal organs (Physiology). Make yourself up on the names and positions of the principal bones, and use the technical term as well as the every-day name together; this will help to fix them in your mind. For instance, speak of the "humerus, or arm bone," the "femur, or thigh bone," "scapula, or blade bone," etc., etc. Learn also the names and situations of the more important arteries; of the differences between arteries and veins; and of the work performed by the heart. Practical work, however, should occupy your most earnest attention. It is necessary to be thoroughly acquainted with the neat and quick application of the triangular bandage to the various parts of the body; of the proper method of applying splints; of promptly arresting hæmorrhage; of performing artificial respiration, as in the case of the apparently drowned; and of the immediate treatment in cases of poisoning by the more common poisons.

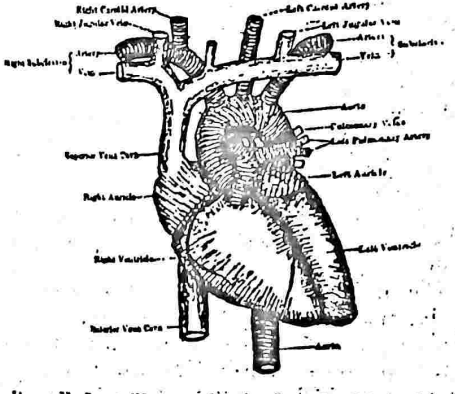
The Skeleton is the framework of bones, or scaffolding, round which are built up the muscles (red flesh), tissues, arteries, veins and nerves; the whole being enclosed by the outer covering, the skin.

The brain case consists of 8 bones, and the face of 14, that is, 22 in all in the skull. Each upper limb contains the humerus, ulna, radius; 8 bones of wrist, 5 bones in palm of hand, and 14 for the fingers; total 30 or 60 in the two sides. Each lower limb contains the femur, patella, tibia, fibula, 7 bones of ankle, 5 bones in foot, and 14 in toes; also totals 30 or 60 in the two sides. In the trunk

there are 2 clavicles, 2 scapulae, sternum, two pairs of 12 in each ribs, 2 haunch bones, and 33 bones of spine in youth fused into 24 bones in adult, totals, say, 200 bones in all, roughly speaking, as there are 3 bones in each haunch bone.

**Circulation.**

The principal arteries are the Aorta, springing from left ventricle of heart, and from its arch arises on its right side a small artery, the innominate (or nameless), out of which arise the carotid up to head; subclavian under collar bone to armpit, in



armpit called axillary, down by inside of arm corresponding to seam in coat, the brachial, which below elbow splits into ulnar to little finger side, and radial to thumb side, these two unite in palm

in an arch shape, and are called the palmar arteries. On left side, the carotid and subclavian arteries arise directly from the arch of aorta.

Aorta rising out of left ventricle, after arching up, passes down through thoracic (chest), and abdominal (belly) cavities; dividing, it passes out in thigh as femoral artery; winding round inner side of knee, entering behind, it becomes the popliteal, there into leg it divides itself into anterior (foremost) tibial, and posterior (hindmost) tibial, which two unite in sole of foot, forming plantar arteries.

In hand the arteries run up around inner and outer side of each finger; same occurs in toes.

Circulation through the heart, called the pulmonary circulation, takes place in this way. The impure venous blood collected by the various veins above and below the heart is brought to the superior and inferior venæ cavæ, and by them emptied into right auricle, then forced into right ventricle by contraction of former. From right ventricle it is poured out through pulmonary artery (the only artery holding impure blood), into left and right lungs to get rid of Carbonic Acid gas ($C O_2$) and to take in the necessary Oxygen (O) from the air breathed in the lungs. The blood now cleansed, and laden with the life-sustaining Oxygen, is bright red in colour, and is conveyed by the pulmonary veins (the only veins with bright arterial blood) back to the left auricle, whence it passes

to left ventricle. Now as this ventricle has to drive the blood out through the aorta into the whole system, it therefore has the greatest amount of work to perform, and, as might be expected, has thicker and stronger (more muscular) walls than the other three cavities. These cavities are guarded by little flap-like valves, which act as doors, and shut off the blood, so that when forced onward to perform the round of the body, it cannot escape back again.

The arteries convey blood **from** the heart, and the veins bring it back again **to** the heart. To help the blood in its return journey through the veins, as the force from the heart is then spent, they are equipped with cup-like valves. The Arteries have no valves; they do not need them. The course of blood through the body is made by way of the arteries first, next into the tiny little tubes Capillaries (Capilla, a hair) and last by way of the veins to its home in the heart. This will be sufficient information supplemented by that given by the lecturer, of the anatomy and physiology of the body.

**Fractures.**

A fractured bone (frango fractus to break) means a broken bone. Some have an idea that there is a difference, and that a broken bone is not so serious as a fracture. This, of course, is a mistake, for the two terms mean precisely the same thing.

Fractures are divided into Simple, Compound, Complicated, Comminuted, Impacted and Greenstick.

A simple fracture is when the bone is simply broken and no other injury has been done. A compound fracture, besides having the bone broken, has also a wound in the skin; the broken end may protrude through the skin, or the wound may lead down, as in a bullet impact. This is very serious, as it allows a means of entrance into the body of those dangerous little germs which surround us on all sides; they are invisible to the eye, and can only be seen through a very powerful microscope. In a complicated fracture there is a complication by the broken bone with something else. It may enter the tissues, or an artery, or vein, or organ as the heart, or bladder, according to the position of the injury.

A comminuted fracture is a smashed or splintered bone, such as would be caused by a heavy weight falling on it, or by the wheel of a heavily laden cart passing over the limb. In an impacted fracture one end of the bone is forced into the other, telescoped, in fact, and held firm there. The greenstick fracture only occurs in young children, because at that time of life there is more animal than earthy matter in the bone, hence it is more pliable and will bend, or split, rather than break across. You can follow this by breaking a piece of dry firewood across the knee; if you try the same thing with a green sappy twig it will bend and crack.

You know that a fracture has occurred by certain "symptoms" (what are felt by the injured) and

"signs" (what a looker-on may observe). There is pain—nature's monitor, shortening of the limb, the ends lapping one over the other by the muscles pulling; an unnatural shape or appearance; movement that is not natural, that is, one portion of the bone can be moved without the other; and what is called crepitus. Crepitus is a kind of crackling sound, or a grating feeling, when the broken ends rub against one another. Crepitus must not be looked for by the first-aider, as a simple may be converted into a compound or complicated fracture.

Fractures are caused by violence of some kind. A bone will not break by itself except in disease, which is rare; some force or blow must be applied. These causes are classified as direct violence, indirect violence, and muscular action. If a bone is broken **directly** when struck, it is broken by **"direct"** violence. If the fracture occurs away from where the impact was received, it is called **"indirect"** violence; thus a person falling on the outstretched hand has the force carried up through arm to shoulder, the clavicle (collar bone) buckles and snaps. Muscular action: when the muscles pull violently in opposite directions. This occurs most commonly to patella (kneecap). The powerful muscles of the thigh to which it is attached pull with great strain if a person going down stairs misses a step and endeavours to recover his balance.

Treatment of fractures.—At once, prevent any movement either on the part of the patient himself, or by an attempt made by the bystanders, until the limb has been put up in splints. Should the

accident occur on the public streets to a lower limb, the fracture must be steadied with splints, and the traffic held up if necessary, before attempting removal. Resist all attempts to make the sufferer stand up, even if it is only **suspected** that a fracture has occurred. Of course, with fractured upper limb these precautions are unnecessary.

To render the injured bone immovable splints and bandages are used. A splint is generally a flat thin piece of wood, but one may be improvised from any substance that is firm and unyielding, as, for instance, newspapers folded up flat in several thicknesses, a piece of cardboard scored and bent over on itself, straw envelopes of wine bottles, walking sticks, umbrellas, bicycle pumps, signal flagstaffs, trellis covers of flower pots, etc.

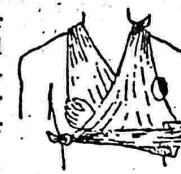
A bandage is employed for binding the splint to the part of the body to which it is applied. If regulation bandages be not at hand, improvise them from neckties, handkerchiefs, braces, belts, garters, etc. Make yourself an adept in improvising the various materials which may be found at hand. In putting on bandages, secure the one above the injury first, then bind below the seat of injury. Movement of the joints of the injured limb above and below the wound must be kept at rest by the splints, therefore see that they are long enough. In compound fracture protect the wound by suitable dressing, lightly bandaged, to prevent the entrance of

any foreign matter, which is poisonous. Extension should not be made in this form of fracture. When there is hæmorrhage with fracture, attend to former at once. No harm can come to the broken bone if kept at rest, whereas the ceaseless action of the heart is pouring out the life current through the wounded vessel.

For fractures of maxillary (lower jaw), sternum (breast bone), clavicle (collar bone), scapula (blade bone), ribs, and pelvis (haunch bone), bandages only are necessary. For all other fractures, including the hand and foot, splints and bandages are used.

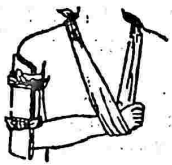
Some special fractures: Spine (backbone). Adopt the utmost care in removing the patient if it has to be done before the medical man arrives, the injury being a very serious one, involving, perhaps, the spinal cord and nerves springing from it. To raise patient, turn up the collar of his coat, then roll up a stick, umbrella or staff in each side of the coat and see that the ends are level with the top of his head; a bearer now on each side with hands well apart grasps the rolled-up coat; the lift must be done cautiously and together, and the sufferer then carried over a firm board, shutter, etc., on which some padding, as coat, rug, etc., has been placed. Support head from hanging back when lifting. If there are more than two bearers they can render further help in steadying patient. If no jacket has been worn, a number of bandages passed under the patient will serve the purpose; and he must be kept warm to ward off effects of shock.

In complicated fracture of ribs simply lay the patient down incline to (not on) the injured side, loosen the clothing, and if ice can be had it may be given to suck; put up arm in large arm-sling, and support with pillows to render breathing easier. An ice-bag is recommended over the injury.

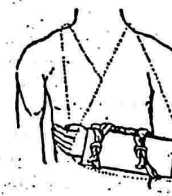


In fractured Clavicle (collar bone), bind elbow lastly well to side; this, with pad in armpit, helps to throw shoulder out by leverage. The shoulder should be kept well back.

In fracture of humerus (arm bone) use the small arm sling. If the large arm sling were used it would probably increase the tendency of the bones to override; by adopting the small one, the hand being supported up, the elbow is allowed to drop.



Fracture of Forearm.—Whether both bones or only one bone be fractured, treatment is the same. Broad splints are applied on the front and back of forearm, which is flexed across the chest, thumb upwards. Bandages are applied, embracing both splints above and below the fracture; a bandage may also be applied round the hand to

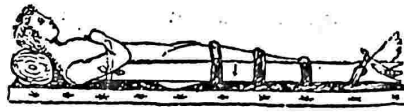


protect it. Sling by large arm-sling. If the splints are applied next the skin, padding should be used.

In fracture of pelvis (haunch bone) you must straighten out, or bend up the lower limbs according as the patient desires, for greater ease. One or two broad bandages are applied round the hips just sufficiently so for support, care being taken to avoid pressure on the injury; it is well to bind knees together also. Removal to be done same way as in injured spine.

Fracture of Femur (thigh bone).—Fracture of the neck of femur occurs from a very slight accident in elderly persons. Fracture of the shaft may occur at any age. Besides the usual indications of a fracture the patient lying on his back is unable to raise the heel of the injured limb; the foot will generally be found turned outwards, and there is shortening of 1½ to 2 or 3 inches.

Immediately steady the limb, gently draw down foot and align it with the other. If working alone, or if the patient be a woman, tie the two feet to-



gether, first; make sure of that, because the sound limb will act as a splint, then put broad fold bandages above and below the fracture, and round the body, the joints at knees, and hips. If assistants are at hand and two splints can be used, place one

inside the leg from fork to below the knee, and the other on outside from armpit to beyond the foot, as per illustration. It is better to lay the bandages first and then put the splints in position.

For fracture of foreleg splints are to be applied from above the knee to beyond ankle; the procedure is much the same as for femur.

In all serious cases of fracture be apprehensive of shock; protect patient by top-coat or blanket to keep him warm.

**Hæmorrhage.**

Hæmorrhage means bleeding. It is either external, that is, outside the body, when the skin is cut; or internal, that is, inside the body. The latter is caused by disease or by a punctured wound. The danger to life in severe bleeding depends upon the size of the vessel injured. For instance, if there be hæmorrhage from the aorta death would be instantaneous; from the carotid, subclavian, or femoral death would probably occur in from one to two minutes if left uncontrolled.

Hæmorrhage is classified according to the kind of vessel injured into arterial (the most serious of all), venous and capillary. **Arterial Hæmorrhage** calls for immediate action and an effort must be made to control it at once by pressure on the wound itself, unless when broken glass is embedded in it, or when the bone is shattered at the point. Under these conditions only, and when direct pressure will not suffice, may the main artery be compressed

against the bone at the "pressure point." Digital pressure becomes very tiring to the operator, and he needs relief by others taking his place; the best method, however, of doing it by placing one thumb over the other and pressing into the wound a clean piece of lint, or linen rag intervening. The "pressure points," referred to, are certain positions in the body where the artery rises upwards towards the surface, in the neighbourhood of a bone, against which it may be pressed. The principal "pressure points" may be found at the temporal artery, a finger's breadth in front of the opening of the ear; the facial artery, two fingers' breadth in front of angle of jaw; carotid artery running up the neck on either side may be very easily felt about two fingers' breadth from centre line of windpipe; the subclavian, in the hollow under the collar bone; the axillary in the armpit; the brachial in the arm running down in a line corresponding with the seam of the jacket, underneath the biceps muscle; and the radial at the wrist. Forced flexion at the elbow will arrest hæmorrhage of the forearm. A hard pad is placed in the armpit, the forearm is flexed up against the arm and held there in position by a narrow fold figure of 8 bandage. In the lower limb the femoral artery may be pressed on a point two or three inches below the groin in a line running from the centre of the groin when the thigh is flexed to a point at the inner side of the knee; the popliteal behind the knee by forced flexion; the anterior and posterior tibial arteries at

a point in front of the ankle just where the boot-lace is tied, and at the inner side of ankle respectively.

**Venous hæmorrhage** is not usually of a very serious character, and can be averted by firm pad and bandage. There is, however, one particular instance where its occurrence is dangerous, that is, in the case of bleeding varicose vein. When this occurs the patient should be placed lying down with the limb well raised; immediate pressure on the spot by thumbs, which are slipped away to receive a firm pad bandaged tightly on; bandage **above** wound to prevent escape of column of blood lying there owing to diseased valves, and lastly below to prevent blood escaping on its return journey to the heart.

**Capillary hæmorrhage** is very slight, being a mere oozing up and can be quite easily stopped.

As digital pressure in arterial hæmorrhage cannot well be maintained for any length of time a tourniquet may be substituted. This is a mechanical device for compressing an artery, generally used at the arm and at the thigh. An improvised tourniquet may be made by knotting the centre of a narrow-fold bandage, or handkerchief, and applying it **accurately** over the artery, bringing the ends loosely round to the outside of the limb, where they are tied in a half-knot, something, as a pencil, is then inserted, the knot completed and the whole tightened by twisting the pencil.

Hæmorrhage may also be assisted by the use of styptics; as very cold or very hot (not warm) water, turpentine, powdered alum, etc.

In arterial hæmorrhage the blood is bright red, flows in direction from the heart in spurts.

In veinous hæmorrhage the blood is dark in colour, leaves the wound in the direction towards the heart, and flows steadily.

Capillary bleeding is simply a welling up from the wound and the blood is light coloured.

It should be kept well in mind that external hæmorrhage may be controlled if sufficient pressure be maintained long enough.

**Respiration.**

Respiration or breathing is made up of the two acts, viz., inspiration, the taking in of air brought about by the enlargement of the chest by the action of certain muscles pulling upwards and outwards the ribs; the expiration or forcing out the air from the lungs, the ribs in this instance having gradually fallen, consequently the space is smaller in the chest.

Besides the ribs, the diaphragm plays an important part in respiration. It is a large arch-shaped sheet of muscle which serves as a partition between the chest and abdomen. In inspiration it flattens downwards, so that the space is greater from above and below; in expiration it assumes the arched position again, thus decreasing the space, and the air is consequently driven out.

In adult life one breathes about 15 to 18 times to the minute, but in young children it is much faster.

When performing artificial respiration it is necessary to remember this, as the tendency is to perform

the movements too fast, which would have an injurious effect than otherwise.

**Artificial Respiration.**

Artificial respiration simply means imitating the natural process of respiration that we carry on so smoothly and without any effort. We are always breathing, whether at our meals, during a conversation, reading, walking, or sleeping, and yet we do not appear to be aware of the act. By artificial respiration an effort is made to get the air into the lungs, and to expel the air from them, and thus restore the normal condition. When air is taken in oxygen is brought into contact with the blood in the lungs, and when it is driven out carbonic acid is carried off. The oxygen is absolutely necessary to support the life of the body (it also sustains combustion), and as the poisonous carbonic acid gas must be got rid of, it stands to common sense that anything that interferes with breathing will cause death. This will occur in cases of drowning, choking, strangulation (suicidal hanging), swelling of the tissues of the throat, as when children attempt to sip scalding water from a kettle.

Certain poisonous gasses will prevent breathing; the falling of an embankment of clay on workers in a cutting, smothering them, has the same effect.

There are five different methods of performing artificial respiration. Those most usually adopted are, in their order, Schäfer's, Sylvester's and Laborde's.

How long one may continue his efforts to restore the apparently drowned before abandoning hope,

is somewhat difficult to answer, as cases are on record when animation has been restored after more than an hour's application. In any event they should be persevered in until the doctor has pronounced life extinct, or until the body heat has fallen **very considerably** below the normal. Whatever method you decide upon, get into it at once.

**Schäfer's Method.**

Without occupying any time in loosening clothing, etc., place patient downwards on the ground, face to one side, arms extended beyond the head. Kneel astride (for preference), or at one side, of patient about the level of his hips, and facing his head, place the outspread hands at his loins on either side of the body, the thumbs parallel and nearly meeting in the middle of the back. Bend forward with the arms straight, allowing the weight of your body to fall on the wrists, producing a firm downward pressure, occupying the time when you might count **one, two, three** slowly. Now, without removing the hands, relax pressure, and spring backwards towards the heels, counting for this, **one, two** slowly. These movements are to be rythmically kept up at the rate of about 15 times to the minute.

**Sylvester's Method.**

Lay the patient on his back, baring the chest from chin to waist, undoing all constricting clothing of any kind, braces, etc.; pull forward the tongue and fix it with an elastic band, or strip of tape, etc. Turn patient on his

face and with your clasped hands lift him at "pit of stomach" so as to get rid of any water lying about the mouth, and if there are any weeds or gravel, hook out with the bent forefinger. Now turn him on his back with a firm coat folded under the shoulder blades to throw forward the chest. To operate—kneel at patient's head, flex his elbows, seizing the tip of each in the hollow of the hand; sweep the arms outwards and upwards in a circular fashion carrying them well beyond the head, counting **one, two,** deliberately. Now bring the arms forwards and downwards well pressed on the sides and ribs, counting **one, two, three.**

**Laborde's Method.**

This method is adopted when there are broken ribs, or in cases of child suffocation. Place the body on its back, loosen all tight clothing as before, seize the tongue between the forefinger and thumb by a piece of dry material to prevent it slipping, and move it back and forwards at same rate as in the other methods.

Not until the subject shows signs of natural breathing, should any effort be made to stimulate the circulation by rubbing the arms and legs in the direction of the body, towards the heart.

**Wounds.**

Varying in degree from a mere abrasion of the skin to those severe cases when the limb may be torn from the body as in accidents connected with moving machinery, wounds should be subject

with all speed to some form of antiseptic treatment. The scratch of a pin, or the tear of a rusty nail may, if neglected, produce local or general blood poison. Wounds in which there has been contact with earth should be treated at once with Tincture of Iodine, simply daubing it over the injury, the wound to be then covered with antiseptic pad and a bandage.

The germ of Tetanus or Lockjaw has its habitat in the soil, and cyclists therefore should never go for a run without having a small bottle of Tincture of Iodine in the tool bag in case of accident. The gardener should also keep it in the potting shed.

If a wound bleeds freely it will help to carry away any poisonous matter, therefore in dirty wounds bleeding should be encouraged by warm water applications.

Carbolic acid is a very popular antiseptic, and may now be had in almost every house. The home remedies are turpentine, spirits (whiskey, etc.), Condy's fluid, boric acid solution, etc. There are other and very powerful antiseptics which must be reduced, and used with great caution.

When a wound occurs it should be exposed to view for the purpose of examining, and getting at it. After a wound has been cleaned (use boiled water if at all possible), cover with an antiseptic bandage and a pad.

An incised wound generally bleeds pretty freely, and the clean-cut edges may be easily brought together with strapping. The lacerated wound, on account of the jagged edges, is more likely to harbour poisonous matter. The punctured wound

is very serious from the fact that great injury may be done to some of the deeper and more vital parts of the body; the wound on the surface may be only like a pin prick and bleed very slightly.

When cleaning a wound don't use a household sponge, use a piece of clean lint instead.

**Sprains.**

Turning one's ankle is a popular description of a sprained ankle. The ligaments binding the bones of the joint are suddenly stretched and torn by the wrenching of the joint. When a sprained ankle occurs from home apply tightly a narrow-fold triangular bandage OVER the boot, which has been previously laced up tightly. Carry the bandage from the sole of the foot upwards, cross the two ends at the front of the ankle and tie off. If the bandage is wetted after being applied it will tighten in the drying.

**Strains.**

The muscles or tendons may be overstretched after a sudden severe exertion, as in lifting heavy articles, that is known as a "strain." The pain will be considerably relieved by hot applications, such as hot fomentations or hot bran poultices.

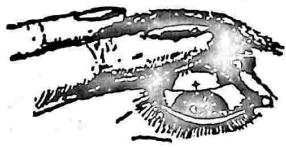
**Rupture.**

Another kind of strain occurring usually in the groin is of a different nature and is very serious. Treat by laying the sufferer down with trunk and head raised, and the buttocks raised.

Cold dressings to be applied, and the doctor sent for. Should there be vomiting, the case is then a very serious one, and demands immediate skilful treatment.

**Foreign bodies in the Eye, Nose or Ear.**

Do not allow the patient to rub the eye. If under the upper lid seat the patient facing a good light; stand behind him, lay a match across upper part of eyelid, and press the instrument backwards; pull up the eyelid, and the offender may then be seen and removed. If under lower part, get patient to look up and keep the head back; it may then be seen and removed.



The ear is a very delicate organ, and no probing should be attempted in the ear passage. If an insect enters, warm olive oil may be poured in the ear. A bead, small button or pea should be left untouched for the medical man to remove, who should be consulted at once.

Small buttons, beans, beads, etc., may be inserted up the nose by children or the insane. A simple plan is to induce sneezing, or by pressing the clear nostril and blowing violently through the other. If the foreign body cannot be dislodged medical aid should be obtained.

**Poisons.**

Broad general rule: to AVOID emetics when lips and mouth are stained. In all other cases vomiting may be safely produced.

Antidote for carbolic acid:—
Epsom salts in water.
Phosphorous.
Magnesia.
Burnett's disinfecting fluid (zinc).
Baking soda.
Lunar caustic.
Common salt.
Corrosive sublimate (a powerful disinfectant).
Whites of eggs.

**Sunstroke.**

Due to exposure of head or back of neck to rays of strong sun. Treatment: remove at once to shady place, head slightly raised; undo clothing to waist; douche head, neck and spine till conscious; provide for fresh air and fan patient's face. When consciousness has returned cold water may be given, but alcoholic stimulants must be avoided.

**Electric Shock.**

If current can be switched off, it must be done at once; if it cannot, before attempting to remove patient, insulate yourself by standing on some non-conductor, as dry glass, dry wood, dry woollen coat, etc., avoiding moisture. Insulate the

hands by rubber gloves or rubber pouch, or dry woollen gloves. Pull patient from contact, or remove wire. An iron bar stuck in the ground and let fall against the wire will bring the current "to earth." Treatment:—Provide for shock and burns, rouse by flicking chest and face with wet towel, undo clothing to waist; if artificial respiration necessary apply Laborde's.

### General Remarks.

On no account give solids or liquids to an unconscious person.

Do not give alcohol after recovery from epilepsy.

Better avoid alcoholic stimulants unless under medical advice.

In all severe injuries prepare to treat shock.

Unequal pupils denote brain trouble.

When lime enters the eye, better brush it away with fine brush first before applying water; water slakes it.

Splints should be wider than limb whenever possible.

Knots (reef) should be tied on the splint.

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By Secretary, St. Patrick's Ambulance Association.

Sheets read by Andrew Charles, F.R.C.S.I.

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# SWIMMING.

Every boy in the Fianna should know how to swim; in fact, every boy worth his salt should know how to swim, and if he does not then he should begin learning at once. Unfortunately the art of swimming, which in my opinion should be taught before a boy is taught arithmetic or algebra, is entirely neglected in the schools in this country. In the old days before the English occupation, an Irish boy would be taught to swim, ride and shoot efficiently before reaching manhood. Nowadays reading, writing and arithmetic are inflicted on him instead.

Swimming is an essential part of a scout's training, and in order to qualify for First-class Fiannaidhe the scout must pass tests in swimming and life-saving.

Few boys succeed in teaching themselves how to swim, for few, indeed, have the pluck to take their feet off the bottom in five feet of water without some assistance from another. With a little help a boy will learn to swim very quickly. I strongly advise the learner not to bother with water-wings, cork belts, or any of the new-fangled devices supposed to assist the novice in acquiring the art of swimming. The best place to learn to swim is in the open sea. Sea water is more buoyant than fresh water and gives more support to the body. It is advisable, however, to practice the various movements at home before taking to the water.

**Arm Movements.**

In the first position the novice stands erect, hands together under the chin, palms horizontal, thumbs touching, fingers pointing straight to front and elbows close to sides. From this position the arms are thrust forward at full length in an upward direction; then with the palms turned slightly outwards they are carried at full length till they form a straight line with the shoulders. To regain the first position from the third, the elbows are bent, keeping them well back, and the hands brought out in a straight line from the body. These are the only arm movements used in the breast stroke. They should be practised slowly and carefully, and the changing from one position to another accomplished without violent jerking and in regular time.

1st Position—Breast Stroke.

**Leg Movements.**

Special care must be paid to the movements of the legs. They are more difficult to master chiefly because the learner is unable to see how he forms them. To practise the leg stroke the learner should lay himself across a stool or table, legs bent, knees pointing outwards to right and left, heels together, and the toes pointing outwards. The legs from the knees downward are then shot forward, leaving the legs straight and wide apart, the feet being slightly lifted during the movement. The

legs are then pulled smartly together with a snap, and finally the feet are carried in a straight line towards the body, knees bent outwards and heels touching. The legs are now in the same position assumed at the start.

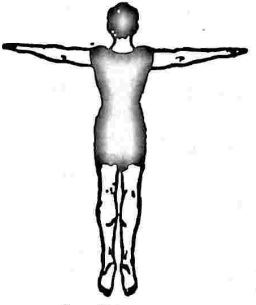
**Water Practice.**

When the movements described above have become mechanical by practice, it is time to take to the water. Whether the learner is in a bath or in the sea, he should find a depth of water reaching a little below the armpits. Then the body is bent slowly forward, arms on a level with the shoulders, until it is completely immersed. The assistance of a friend at this stage is desirable. When the chin touches the level of the water, the hands should be brought under the chin and the legs raised quickly from the bottom. The head must be inclined backward, and the shoulders slightly hollowed, when making the strokes. The knees must be apart when drawing up the legs for the kick; the flip with the feet should be made outward, at a wide angle, to the right and left; and the extended legs brought together with a swinging circular motion. It will be found by experience that the breathing out is best done as the arms leave the body, and the in-breathing as they come together again.

2ND POSITION—BREAST STROKE.

To gain the highest power with the least fatigue, attention must be paid to the following points:—

The knees should be well apart as the legs are drawn up to the body for the stroke, with the soles of the feet facing the surface as much as possible. The palms should be turned downward at the same moment, and the hands brought together ready to be thrust forward.



3rd Position—Breast Stroke.

In kicking outward, that part of the leg below the knee is carried vigorously backward with a circular movement, and the water pushed before the foot as the legs are straightened. The stroke should be continued forcibly until the legs are together in a line with the body, and the hands brought round at the same moment till they are on a level with the shoulders.

**The Back Stroke.**

Anyone able to swim by the breast stroke will not find it difficult to swim on the back. The swimmer should stand waist-high in the water, then lean back gently with the arms level with his shoulders, and, as his legs leave the bottom, give the water a slight push with his feet. After this the arms are swept downwards, thumbs close to the surface, and the legs spread wide apart, as in the breast

stroke. The arms are then carried beyond the head, and the legs brought in line with the body. Finally the arms are carried around again with vigour and the legs drawn up once more for the outward kick. The legs and arms should move together. The main force of the stroke comes from the fore part of the leg, the latter describing a circle in the same way as in the breast stroke. The thighs in this method of swimming are always in a line with the body, as very unpleasant results will follow if the body is allowed to sag. At the finish of the leg stroke the legs should be brought as close as possible together, in a straight line with the rest of the body.

The back stroke can be made use of without working the arms, a rather important advantage to a tired swimmer on a long swim. The lungs are first filled with air, and the body immersed in the water, so that the back of the head is immersed, and only the face remains above water. The warning given above about the sagging of the body must be specially heeded in this instance. The knees are then bent and the feet, heels together, drawn towards and under the body; then they are immediately swept to right and left. The stroke is then continued till the legs are together again, when the movement is repeated.

**The Over-Arm Stroke.**

The strokes already described are sufficient for all ordinary purposes, but where special speed is needed another is used. The body in this movement is turned on its right or its left side. The leg movements of the breast stroke

can be used until the other movements are mastered, and then a special leg stroke must be learnt. The arm on the side underneath the water is first stretched rapidly beyond the head as far as it will go, with the palm facing the bottom. This should be done as the feet move wide apart. When the feet are in line with the body the upper arm is moved slightly beyond the head. When the swimmer gains confidence in himself the upper arm should be carried as vigorously as possible through the air. As the upper arm moves through the air, the under arm is drawn towards the hips till it hangs vertically.

THE OVER-ARM STROKE.

The fingers should be clasped as close as possible together, so as to exercise the greatest pull on the water. When the stroke of the under arm is completed, the hand must be turned sideways, palm facing the front of the body, so as to offer the least resistance during its passage through the water to its original position. As the lower hand is shot beyond the head, the palm is gradually turned downward and is placed in position ready for the next stroke. Just as the upper arm is carried forward, the lower is being pulled to its vertical position near the hips. The upper arm enters the water six inches beyond the swimmer's head in front of the face, and then, slightly bent, it is pulled down till all but the upper part of the arm is immersed. The arm is straightened as it passes the chest, and as the fingers reach the

hip, the arm is jerked out of the water ready for the next stroke.

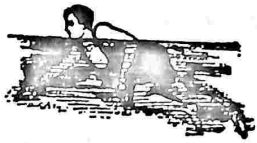
Notice particularly that the upper and lower strokes come after one another; that the strokes should not be too long; and that the greatest pull is exercised as the hands pass the face and chest. As the upper arm crosses by the face, the legs are opened in the leg stroke, and from this position they are closed with a kick, as the upper arm is jerked out of the water.

When the arm stroke is thoroughly familiar, the special leg stroke must be learnt. A little practice in the baths in the manner following will greatly help. Place one hand on the rail of the bath, and rest the other on the wall about eighteen inches below it. The body is then in the proper position for the stroke. The upper leg is bent at the knee, straightened, and thrust on before, as if a stride was being taken. The lower leg is bent and thrust backwards at the same moment. The legs are then vigorously closed by pulling the upper leg backward and straightening the leg underneath. The force of the stroke should be sufficient to make the legs overlap by about six inches. The strength of the stroke comes from the calf and step of the upper leg, and the front of the lower leg, and the greatest force is exercised as the legs close.

There are as many variations of the ordinary strokes as there are swimmers, and only a few of the more noteworthy deserve attention.

This only differs from the over-arm stroke in the movement of the arms. The under arm is first extended in a straight line with the palm of the hand upwards. Then it is brought with a downward movement to the pit of the stomach, reversing the palm of the hand while doing so, so as to offer the least resistance during the passage through the water. The upper arm commences its stroke as the under arm finishes. It is immediately extended in a line with, and about six inches away from the nose. Then with an outward and backward sweep it is brought at a right angles to the body. Finally it is bent and drawn to the side ready for the next stroke. It must be remembered that the upper arm passes the lower as it is raised to its utmost reach, and that the under arm finishes as the upper arm and leg begin. As much of the body as possible should be below water during this and other strokes.

**The Side Stroke.**



The Side Stroke.

This useful and easy stroke should not be attempted till a thorough knowledge of the side-stroke has been acquired.

**Over-Hand Stroke.**

The head should lie back as far as possible, and the body, legs and feet kept in a straight line just under the surface. The arm is

raised into the air and carried as far as possible forward. It is then brought into the water and carried towards the body with a strong propelling motion.

The legs are drawn up when the arm reaches forward; they are stretched widely apart when the arm is ready to pull, and are snapped simultaneously together when the arm is pulled strongly backwards.

**Floating.**

Wade out in the water until it is under your armpits. Turn your back on the shore, and, keeping the mouth shut, bend the knees until the water reaches to the chin. Then slowly extend the arms beyond the head as far as they will go. Take a deep breath and gradually lie back in the water till the back of the head is immersed. The feet should then rise of their own accord. If the head is kept well back, the body floats on the water. The head will at the first try probably go under but almost immediately will rise to the surface.

**Treading Water.**

It is not difficult to learn how to tread water, and the advantages it carries with it will well repay the time spent in learning it. Two methods are given here.

1st Method:—Place the hands on the hips, inflate the lungs and assume an upright position, keeping the head well up. Kick the legs outwards from the knees, first forward and then backward. The body will move forward and the head will remain above the surface.

2nd Method:—Extend the hands, palms downwards, at right angles to the body. Hold the head well up, with the chin just resting on the water. Keeping the hands below water, tread quickly, as if ascending a stairs or riding a bicycle. This will help the head above the water, and at the same time move the body forward.

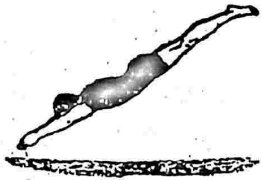
**Diving.**

There are two methods of entering the water, head first or feet first. The latter is adopted when diving from great heights or to unknown depths, or when it is desired to rescue some one struggling in the water. In every other case the dive should be made head first.

First Lesson in Diving.

The water must have a depth of at least five feet, but the height of the dive increases according as the diver gains confidence in himself. In the preliminary position the diver stands rigid, legs straight and arms stretched above the head. From this position he should lean gradually over and allow himself to fall into the water. A little practice will teach the correct manner of entering the water. Then the dive proper can be learnt.

Stand erect, legs close together. Then spring, swinging the hands to the front.



Correct Way of Diving.

As the feet leave the board they are thrown up and the body straightened, when it assumes the shape shown in the diagram.

**High Diving.**

Two methods of high diving will be described below, the plunge dive and the Swedish dive. For the plunge dive it is necessary to stand at the brink of the water, the toes projecting over, and the legs together. Breathe deeply in and out, swinging the hands vigorously backwards and forwards to assist the operation. Then bend the body and swing the arms up parallel to the water, keeping the head all the time well between the shoulders. The spring is then made with the body rigid. As the body enters the water the thumbs should be locked together, the palms of the hands close together, and the toes stretched backwards. When the impetus of the dive is exhausted, or it is desired to come to the surface, the hands are flattened and bent upwards towards the surface, the whole body curving gradually upwards to the hands. The essential thing in diving is that the whole body should be stiff, the arms, legs and trunk forming a straight line.

HIGH DIVING. The body as it enters the water.

The Swedish dive is chiefly remarkable for its grace. As the body flies through the air the arms are thrown back in line with the shoulders, and the

body resembles a bird as it moves through the air. The spring is best taken with a run, and is made upwards. Immediately the body leaves the board the head is thrown well backwards, the back hollowed, the legs made stiff, and the arms thrown out in line with the shoulders. Just before the body reaches the water, the arms are brought to the front, thumbs touching. The body can be made to come to the top by pointing the hands upwards and striking strongly downwards with the feet.

# THE FIANNA OF FIONN.

By P. H. Pearse, B.A., Barrister-at-Law.

The Fianna of to-day are the third heroic companionship that has borne that famous name. The first Fianna, the Fianna of Fionn, have been dead for nearly two thousand years; a few grey-haired men, the veterans of the second Fianna, are with us still, and any boy who has seen and spoken to one of these will carry a great memory with him through life, for there have never been nobler or braver men in Ireland than they, nor any that loved Ireland better; the lads of the third Fianna, the familiar green-shirted bare-kneed young soldiers who have prepared the way for our Irish Volunteers, inherit the gallant name and tradition of the ancient Fianna and the mighty purpose of the modern Fenians. Were ever boys heirs to so great an inheritance?

The story of those old Fianna of Fionn should be part of the daily thought of every Irish boy, and especially of every boy of the new Fianna. Their story is one of the proudest and saddest of all stories: proud because it tells of such valour and truth and cleanness of life, sad inasmuch as it shows how a goodly fellowship passed away and became only a name on the lips of shanachies because its members quarrelled among themselves and brother turned his arms against brother. For no strength of hand or valour of heart will hold a league or an

army or a nation together unless there be peace and gentle brotherhood between all who are of that league or army or nation. "A house divided against itself shall not stand."

Not everything that our shanachies have written of the Fianna is true, but I think that the story is true in its main lines, and it is certainly a true picture of the lives lived by Irish-speaking men sixteen or seventeen hundred years ago. In that sense it is history of the truest and most valuable kind. Modern scholars have pointed out where the shanachies went astray or where they deliberately invented in order to make their stories more attractive. But they have also established the general truth of the conditions of life, of the modes of thought, of the political, social, and military facts described by the shanachies. There *were* Fianna in ancient Ireland; and there *were* captains like Fionn and Goll and Oscar and Diarmaid, even though the ancient tale of the wars and loves and hates of those great heroes may have been wholly or partly imagined by the poets.

What modern scholars tell us of the Fianna is briefly this. When the soldier Milesians came to Ireland and conquered it, establishing ultimately a high-kingship at Tara, they left much of the land of Ireland in the hands of the older, gentler, and more cultured races that had held the island before them. Some of these races retained their lands on condition of paying tribute to a Milesian king at Tara or at Cashel; others on condition of rendering him military service. Those who retained their

lands on condition of military service had to be ready to go upon a hosting at a moment's notice, no matter what the season of the year; and the men of such races became in time a sort of professional soldiery. They were called collectively *Fianna*; a single warrior of them was called *fénnidh*; their chief was called *righ-fhénnidh*.

Now among the warrior races that held land from the King of Tara on condition of rendering him *fiannaidheacht*, or the military service of Fianna, were a North Leinster tribe called Clann Baoisgne, or the Children of Baoisgne, and an East Connacht tribe called Clann Morna, or the Children of Morna. The shanachies tell us that when Conn of the Hundred Battles ruled at Tara the *righ-fhénnidheacht* or high-fiannship of Ireland was held by Cumhall son of Treanmhor, chief of Clan Baoisgne. There are some that say that Goll mac Morna, chief of Clann Morna, had held the high-fiannship before him, and had been deposed by Conn and Cumhall and banished beyond the seas. Be this as it may, there was old jealousy between Clann Morna and Clann Baoisgne, between Goll and Cumhall; and after Cumhall had captained the Fianna for many years, Goll and his brothers, recalled to Tara by the High-King, led Clann Morna into battle against Clann Baoisgne and on the bloody field of Cnucha (which we now call Castleknock) slew Cumhall and overthrew his House. Thereafter Goll sat at Conn's right hand in Tara as Fiann-chief of Ireland.

And now the sons of Morna commenced a war of

extermination against the sons of Baoisgne, hunting them from fastness to fastness; and they swore that none of the race of Cumhall should live. But Cumhall had left an infant son whom two kindly druidesses carried away and hid in the recesses of Sliabh Bladhma (the rugged mountains we now call Slieve Bloom), nursing him tenderly until he grew into comely boyhood. His name was Deimhne. And while the trackers and searchers of Clann Morna ranged broad Ireland in quest of him, that little lad waxed strong and beautiful in his mountain home, and it was a delight to the two women to be looking upon him. But in the end Clann Morna's trackers discovered his retreat and they ringed Sliabh Bladhma about with men and dogs. Nevertheless, the druidesses carried their precious charge unharmed through that hostile ring and they reached the wilds of Beara in Western Munster and found a refuge in the lovely glen which we now call Glengariffe. There the boy made his first chase, killing a wild duck with a stone and bringing her and her brood as a gift to his protectresses. Thereafter he hunted for them daily.

When Deimhne had grown to be a tall straight lad, swift of foot and strong of hand, he left his two kind friends and fared through Ireland from place to place learning the trade of a warrior; spending a while in military service with this king and a while with that. It was during this time that the little boys of a certain fort in Magh Life (the plain of the Liffey) gave him the name of *Fionn*, the fair, for his hair was of yellow gold; and that name

adhered to him. Soon he began to make raids upon Clann Morna, gathering about him a little band and swooping down on his enemies whenever he got the chance. At last he resolved to seek his father's brother, Crimeall, who had rallied the broken fragments of Clann Baoisgne and had taken refuge in a wood of Connacht, with a few old men who alone survived of Clann Baoisgne after those long years of war and disaster. On his way into Connacht Fionn fell in with the champion who had first wounded his father Cumhall at the battle of Cnucha, the fierce Liath Luachra; and him the lad slew in single combat, and captured from him the bag containing the jewels of sovereignty of the House of Cumhall.

You can imagine the joy and wonder of Crimeall and his grey-haired warriors when, in the door of their woodland hut in that Connacht fastness, they saw the gallant figure of a youth, ruddy-cheeked and fair-haired, all clad in skins, and bearing at his girdle the jewels of sovereignty of their House. After seventeen years the deliverer of Clann Baoisgne had come!

Young Fionn was now the captain of a host, and his name was a terror to Clann Morna, but he was not yet fit to claim his father's place as Fiann-chief of Ireland: he had still to learn the art of a poet and the wisdom of a historian and all the gentle lore which in those days was as necessary to the part of a hero as skill in the use of his weapons or daring on the field of battle. So Fionn bade farewell to Crimeall and went to the poet Finneigeas, who

dwelt by the bright Boyne, that he might learn from him the art of poetry; and while there Fionn caught the mystic Salmon of Knowledge and was allowed by his master to eat it,—and this, I think, is only the poets' way of saying that Fionn acquired the deep heart's wisdom of the true poet and teacher which many men seek but is found by so few. Before he left Finneigeas, Fionn made, in proof of his skill in poetry, that famous May-day song of his beginning "May, delightful time, surpassing in colour!" And now he felt himself both strong and wise enough to go to Tara to claim his birthright.

Conn of the Hundred Battles still ruled in Tara and Goll mac Morna sat at his right hand. On November Eve the lights were flashing on the long banqueting tables at which the King and his warriors sat at feast. But there was no mirth among them, nor any music, because a great calamity was impending over Tara. That night they expected the son of Miodhna from Sliabh gCuilinn (Slieve Gullion as we moderns call it in English) who came annually to burn down Tara and against whom no valour availed, for he was master of many druid arts. A step was heard, voices were raised about the door, and then up the long hall there walked the figure of a youth all clad in skins. "One disinherited claims hospitality," said the newcomer. The High-King bade him to the feast. After a little while the youth spoke. "There is sorrow in this house of feasting," he said. "Not without cause," replied Conn; and he

told of the plight in which Tara stood. "What shall be my reward if I save Tara?" asked the stranger. "Thy inheritance," replied the High-King; "and my son Art and Goll mac Morna shall be my guarantees in this." That night the strange youth did single battle with the son of Miodhna and slew him. "Give me now my promised reward, O King," he said, "for I am Fionn the son of Cumhall, and the inheritance I claim is the Fiann leadership of Ireland." Then Goll mac Morna put his right hand into the right hand of Fionn, and became his man from that hour; and so Fionn entered into his birthright and was hailed captain of Ireland's Fianna.

And now commenced the golden age of the Fianna, the happy days celebrated in so many songs of chase and battle when all the Fianna were united under the wise and gallant captainship of Fionn. On the hill of Almha (Allen, near Kildare), in the old domain of his clan, stood the house of Fionn with the booths of the Fianna round it; there young men wrestled on the green or threw the javelin or played at hurley; the hill was always musical with the cry of hounds and the neighing of steeds and the voice of trumpets. All the forests and wastes of Ireland were put in Fionn's charge and the Fianna ranged them, hunting: Beann Eadair (the pleasant ben above the Bay of Dublin to which the Norsemen afterwards gave the name of Howth) was one of his hunting preserves, and Loch Lein (that green nook in Kerry that we now call Killarney) was another. A guard of the Fianna watched every

port and haven in Ireland to repel foreign invaders. Kings found it advisable to make treaties of friendship with the Fianna; the poor and oppressed came to them for protection. And Fionn their captain was more feared and more beloved than any High-King that ever reigned at Tara.

Fionn married a gentle wife and soon he had a little son whom, because he was gentle like his mother or, as some say, because he was suckled by a deer, they called Oisin "the little fawn." And Oisin lived to be a great warrior and the father of a great warrior. And now, as years went by, there gathered about Fionn in his home on Almha many a hero whose name will be famous as long as the human heart remembers ancient heroic things. Goll was there, the steadfast, the warlike, with his knightly kindred, Aodh and Art and Conan, rough of tongue but stout of heart. There were wise Diorraing and sweet-tongued Feargus and Daire of the lays. There was Caoilte mac Ronain the gentle, the graceful, swiftest of foot among the Fianna. There was Mac Lughach the haughty, the impetuous, Fionn's nephew, whose wild heart he found it so hard to tame. There was Diarmaid O Duibhne the white-toothed, the ruddy-faced, the dark-haired, beloved by women and by children. There was Fionn's own son Oisin, mild and contemplative, the friend of righteous causes; and there grew up Oisin's famous son Oscar, most valorous of all the Fianna except only the captain Fionn. Truly it was a goodly companionship, and one the like of which the world has never seen nor will see.

It were long to tell of all their adventures: of their mighty huntings; of their voyages over sea; of their desperate defences of the coast against outlanders and sea-rovers; of the hunting of Sliabh gCuilinn and the strange adventure in which Fionn's hair was changed from yellow gold to snow white; of the adventure of the Fairy Palace of the Quicken Trees where Diarmaid rescued Fionn and Goll from deadliest peril; of the mighty battle of Finntraigh (or Ventry, as we call it) in which Fionn and the Fianna beat off a great force of outlanders who had invaded Ireland with intent to conquer it. All these exploits you will read some day in the tales and the poem-books that tell of the deeds of Fionn. Those books are in Irish, and, though some of them have been translated into other tongues, to understand them aright you must know Irish, the language of Ireland's chivalry, the language of the Fianna.

The Hill of Almha must have been a gay sight on a May morning when Fionn and his young men issued forth to the chase: bare-armed, bare-kneed, bare-headed they went, with long locks plaited, with kilts and tunics and "brats" of green and blue and purple, with white hoods, with tall spears of red bronze, with clash of tympans and blare of trumpets, the gillies holding in leash the great hunting dogs,—Fionn fondling with his hand the rough coat of Bran or Sgeolan, his two favourite hounds. Or when stern war was the business, they still marched, gaily, singing their Dord Fhiann or Fenian Song, each man with his emblazoned shield

on his left arm, his long sword on his left side, his great spear in his strong right hand; above the serried ranks the blue folds of the Gil Greine, Fionn's banner, with the rising sun all gold upon it. And what feastings they had in Almha, what music and telling of old tales, when the chase or the battle was done!

The poets and shanachies dwell long on the magnificence of Fionn in his splendid middle life. The character attributed to him is always that of a magnanimous, but far-seeing and subtle, ruler of men. The quality of him which the poets most praise is his boundless generosity. "If the brown leaf which the woodland sheds were gold, if the white wave were silver, Fionn would bestow them all." Although a warrior and a ruler, Fionn had a poet's heart. He loved the earth and the sea and the sky and all their goodly sights and sounds. "Dear to me," he said, "is the cry of sea-gulls and the thunder of the great billows of the Atlantic against the cliffs of Erris, the washing of water against the sides of ships, and the sound, foam, and motion behind them as they cleave the fluid sea. . . . I love the clear flute of the blackbird in the morning, and the thrush's song as he sits by himself and sings when the sun goes down. The beautiful changes of the varying year are sweet to me, and truly there are not many sights and sounds that I do not love, or from which I do not derive pleasure, so that solitude is no more irksome to me than company. . . ." "Where is the sweetest music?" asked Fionn once as the Fenian chiefs sat

at feast in 'Almha. "The noise of gamesters gaming," said Conan. "The song of swords," cried Oscar. "The low voices of maidens," said Diarmaid. "The bay of hounds in the chase," quoth Mac Lughach. "Nay," said Fionn, "but the wind blowing through the banners of a host."

The generous wisdom of Fionn is seen in the rules which he made for the governance of the Fianna. Four "geasa" or prohibitions were laid upon every man that sought entrance to the companionship. The first, never to receive a portion with a wife, but to choose her for her virtues; the second, never to offer violence to a woman; the third, never to refuse anyone for anything he might possess; the fourth, that no single feinnidh should ever flee before nine champions. It was a law among the Fianna never to take an unfair advantage of a foe, never to do an injustice, never to allow the strong to oppress the weak: so that the expression Cothrom na Féinne, "Fenian equality," is to this day used by Irish speakers as the equivalent of the English words "fair play." And the Fianna never lied.

> "We, the Fianna, never lied,
> Falsehood was never attributed to us,"

said Oisin proudly. And when Caoilte was asked how the Fianna came victorious out of so many battles he replied: "Strength that was in our hands, truth that was on our lips, and cleanness that was in our hearts."

By strength and truth and cleanness of life the Fianna held together while High-Kings came and

went. Conn of the Hundred Battles passed away, and his son Art the Lonely reigned after him, and he too passed away, and Cormac son of Art reigned in his place. Now Fionn, whose wife was dead, sought a marriage-alliance with Cormac, and received the promise of his daughter Grainne. A great marriage feast was held in Tara, but Grainne, who loved, or pretended to love, Diarmaid, prevailed upon him to fly with her, saying that she did not wish to marry a man that was older than her father. Then Fionn pursued Diarmaid and Grainne through Ireland, though his own son Oisin and his grandson Oscar sided in their hearts with their comrade Diarmaid; and many of the sons of Morna were glad that Clann Baoisgne was thus divided. At length peace was made; but in the hunting of Beann Gulbain (Benbulben, the mountain that overhangs Sligo) Diarmaid was sore wounded by the wild boar of Beann Gulbain, and Fionn, who might have saved him by bringing him a drink of water in his hands, twice let the water slip through his fingers, for he thought of Grainne; and as he came up the third time Diarmaid died.

That was the beginning of the end of the glory of the Fianna. Soon the old strife between Clann Morna and Clann Baoisgne broke out afresh. Goll had been faithful to Fionn ever since he had put his hand into Fionn's hand, and I do not think that it was Goll's fault that the ancient feud revived. However, Clann Morna and Clann Baoisgne went to war again, and ever Clann Baoisgne pushed Clann Morna before them westward to the sea.

Once, at the rowan-tree of Clonfert, Fionn came upon Goll sleeping and might have slain him, but he forbore; and Goll repaid that knightly mercy by escorting Fionn in safety back to his camp, although a party of Goll's heroes had appeared and Fionn was now at Clann Morna's mercy. Yet the war went on, until Goll, driven back to the western sea, was hemmed in upon a crag at the extremity of Gorumna; and there great Goll perished, noblest and most steadfast of the Fianna.

Now the remnant of Clann Morna, unsubdued, plotted against Fionn and won over the High-King to their side. Between Fionn and Cormac there was never cordial peace thereafter; and when Cairbre son of Cormac became High-King it was war to the knife. At the battle of Gabhair (perhaps Garristown in Co. Dublin) the last great fight was fought: Oscar and Cairbre fell by each other's hands, and the Fianna were overthrown for ever. Either a little before or a little after Gabhair (the shanachies are not agreed) old Fionn himself was slain by the sons and grandson of Uirgreann, one of the slayers of Cumhall and who had been himself slain by Fionn in eric. Thus the great captain was overthrown at last by the captain Death.

Of the Fenian chiefs only Oisin and Caoilte now survived; and it was they who told the tale of their comrades' exploits to the new generation of the men of Ireland. It is fabled that those two lived to the days of Patrick and received from him the light of the true faith. But their hearts were always with Fionn and the Fianna; and Oisin sang:

"Long this night the clouds delay,*
And long to me was yesterday,
Long was the dreary day, this day,
Long, yesterday, the light.

Each day that comes to me is long—
Not thus our wont to be of old,
With never music, harp, nor song,
Nor clang of battles bold.

No wooing soft, nor feats of might,
Nor cheer of chase, nor ancient lore,
Nor banquet gay, nor gallant fight—
All things beloved of yore.

No marching now with martial fire—
Alas, the tears that make me blind—
Far other was my heart's desire
A-hunting stag and hind.

Long this night the clouds delay—
No striving now as champions strove,
No run of hounds with mellow bay,
Nor leap in lakes we love.

No hero now where heroes hurled—
Long this night the clouds delay—
No man like me in all the world,
Alone with grief, and grey.

Long this night the clouds delay—
I raise their grave-carn, stone on stone,
For Fionn and Fianna passed away—
I, Oisin, left alone."

---

* Dr. Sigerson's translation from the Book of the Dean of Lismore.

Centuries afterwards an Irish poet said mournfully:

"All the Fianna have passed away,
There remains to them no heir."

But what say the boys of Na Fianna Eireann?

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## OBJECT.

To Re-establish the Independence of Ireland.

## MEANS.

The training of the youth of Ireland, mentally and physically, to achieve this object by teaching scouting and military exercises, Irish history, and the Irish language.

## DECLARATION.

I promise to work for the Independence of Ireland, never to join England's armed forces, and to obey my superior officers.

## THE CONSTITUTION.

### I.—GENERAL.

1. Na Fianna Eireann (Irish National Boy Scouts' Organisation) shall consist of a President, two Vice-Presidents, an Hon. Secretary, an Hon. Assistant Secretary, an Hon. Treasurer, an Ard-Fheis (Congress), an Ard-Choisde (Central Council), Coisdi Ceanntair (District Councils), and Sluaighte (branches or troops). The officers of the Ard-Choisde shall be members ex-officio of all Coisdi Ceanntair and Committees of the organisation.

2. Membership of Na Fianna Eireann shall be open to all boys who endorse its Constitution and make the Declaration of the Fianna.

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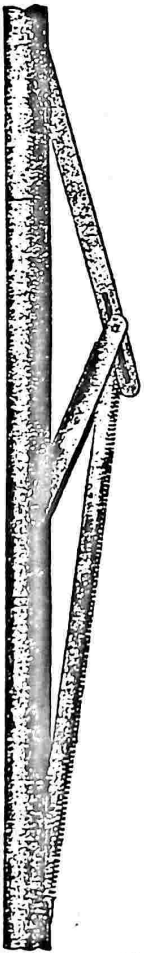

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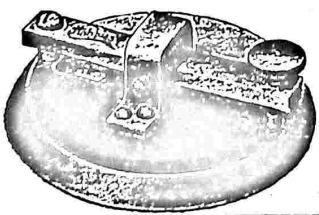

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## II.—ARD-FHEIS (Congress).

3. The Ard-Fheis shall be the supreme governing and legislative body of the organisation.

4. Representation at the Ard-Fheis shall be as follows:—Sluaighte with eight to fifty members shall be entitled to two delegates, and one delegate for every additional fifty members. Each authorised Coisde Ceanntair shall be entitled to one delegate.

5. The Ard-Fheis shall meet at least once a year. A special meeting shall be convened at any time on a requisition of at least one-third of the Sluaigthe affiliated, or by resolution of the Ard-Choisde.

6. The Ard-Fheis shall, at its annual meeting, elect a President, two Vice-Presidents, an Hon. Secretary, an Hon. Assistant Secretary, and an Hon. Treasurer. It shall also elect by ballot six members, who, together with these officers, shall form an Ard-Choisde.

7. Notices of motion for the agenda of the Ard-Fheis, and nominations for the Ard-Choisde, must reach the Hon. Secretary at least fourteen days before date of Ard-Fheis.

## III.—AN ARD-CHOISDE (Central Council).

8. The Ard-Choisde shall be (except when the Ard-Fheis is in Session) the supreme governing body of the organisation.

9. The Ard-Choisde shall meet at least once every three months.

10. Each member of the Ard-Choisde shall belong to a bona-fide Sluagh.

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11. Each Sluagh shall pay a levy of twopence per member per quarter to the Ard-Choisde on application.

12. The Ard-Choisde shall appoint or approve of the appointment of the chief officer of every Sluagh, and shall have the power to depose or reduce such officers at their discretion.

13. Annual reports of the working of the Ard-Choisde shall be forwarded to the Sluaighte at least seven days before date of Ard-Fheis.

## IV.—COISDI CEANNTAIR (District Councils).

14. A Coisde Ceanntair may be formed, under the authority of the Ard-Choisde, in centres with three or more sluaighte, and all sluaighte in these centres shall be subject to the control of the Coisde Ceanntair.

15. A Coisde Ceanntair shall be composed of the chief officer (or his deputy) and secretary from each local Sluagh.

16. Coisdi Ceanntair shall appoint the leaders and higher officers for the sluaighte under their control.

17. The examinations in first, second and third class Fianna tests shall be carried out under the supervision of the Coisdi Ceanntair.

18. Meetings of Coisdi Ceanntair shall be held at least once a month.

19. A Coisde Ceanntair shall be entitled to one delegate to the Ard-Fheis.

20. All Coisdi Ceanntair shall submit their rules for approval to the Ard-Choisde.

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## V.—SLUAIGHTE (Branches or Troops).

21. No person shall have power to start a Sluagh of Na Fianna Eireann without first getting a written permission from the Ard-Choisde.

22. Sluaighte shall be affiliated by vote of the Ard-Coisde, and shall pay an affiliation fee (as provided for in Rule 23) to the funds of the Ard-Choisde. In centres where Coisdi Ceanntair exist no Sluagh shall be affiliated without first receiving the permission of that Coisde.

23. A Sluagh of eight to sixteen members shall pay an affiliation fee of 2/6; a Sluagh of 16-50 members shall pay 5/-; a Sluagh with over 50 members shall pay, for every additional 50 or part of 50 members, 2/6 extra.

24. Each Sluagh having from eight to fifty members, shall be entitled to be represented at the Ard-Fheis by two delegates, and one delegate for every additional fifty boys.

25. All boys shall serve three weeks on approbation and pass the preliminary tests before being administered the Declaration or given the badge of the Fianna.

26. Each Sluagh shall hold a meeting for the election of civil officers, etc., at least once a year.

27. Each Sluagh shall forward a report of the working of the Sluagh at least seven days previous to quarterly meetings of the Ard-Choisde.

28. All Sluaighte shall be, as far as possible, divided into sections of eight boys, including leader.

29. No Sluagh of the Fianna shall take part in elections, either Parliamentary or municipal. Any

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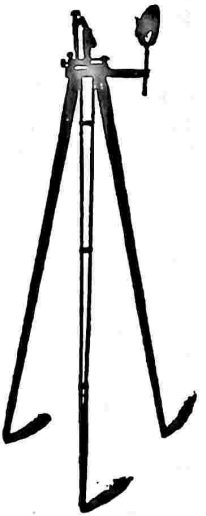

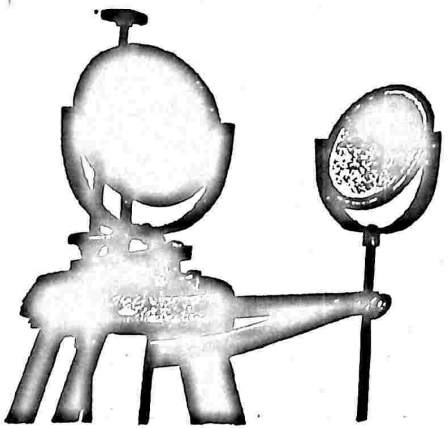

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member taking part in elections in his private capacity must not wear either badge or uniform of the Fianna.

30. All Sluaighte shall submit their rules for approval to the Ard-Coisde.

## COURTS MARTIAL.

### I.—PROCEDURE.

1. When any member of the Fianna has, in the opinion of his officers or of the committee of his Sluagh, or any higher committee, broken any rule or committed any misdemeanour, he may be court-martialled.

2. A member who has been notified that he is to be courtmartialled shall be a suspended member until the decision of the Courtmartial is announced, and he shall then be dealt with as the Courtmartial shall direct.

3. Every charge preferred against a member must be in writing, and the accused shall receive a copy of this charge at least two days before the charge is to be tried.

### II.—CONSTITUTION OF COURTMARTIAL.

1. The Courtmartial shall, save in exceptional circumstances, consist of three members appointed to try the case by the committee immediately superior to the officer or committee preferring the charge against the accused—that is to say, if a member is ordered for Courtmartial by the officer of a Sluagh, the court shall be appointed by the committee of the Sluagh; if by the Committee of a Sluagh, the court shall be appointed by the District Council, or where none exists, by the Ard-Choisde; if by a District Council, the court shall be appointed

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Haversacks.
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Volunteer Hats (Boer type), with neck band.
Irish Volunteer Badges, made in Ireland.
Home Rule Badges, made in Ireland.
Waistbelt with Locket.
Water Bottle, enclosed in leather case.

Green Flag, with Harp.
" " " " Silk.
Semaphore Flags, complete.
Tents, circular (14 to 20 persons).
Webb Bandoliers.
Leather Bandoliers, 5 pockets, 50 rounds.
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by the Ard-Choisde; and if by the Ard-Choisde, the court shall consist of three members of the Fianna appointed by the Ard-Choisde itself.

## III.—EVIDENCE.

1. The accused shall be accorded every reasonable facility to produce any witnesses in his favour, and may cross-examine witnesses brought by the prosecution, and the prosecution shall in all respects have equal facilities.

2. Only evidence that is relevant to the written charge shall be received, and the court shall give its decision impartially and solely on the evidence given at the trial.

3. Any person accused may select another member of the Fianna to act as defending counsel.

4. The court shall decide whether evidence tendered by persons who are not members of the Fianna is admissible or not.

## IV.—APPEALS.

1. Both the accused and the prosecution shall have the right of appeal from the decision of the court to the next higher authority—that is, from the decision of a court appointed by the committee of a Sluagh to a District Council, or where none exists, to the Ard-Choisde, or by the District Council to the Ard-Choisde, or by the Ard-Choisde to a court appointed by the Ard-Fheis, whose decision shall be final.

2. An expelled member may seek re-admission to his old Sluagh, or to another Sluagh, after a period of six months has elapsed from the date of his expulsion. The Sluagh desiring to re-admit him to the Fianna must obtain the permission of their District Council or (where no District Council exists) of the Ard-Choisde.

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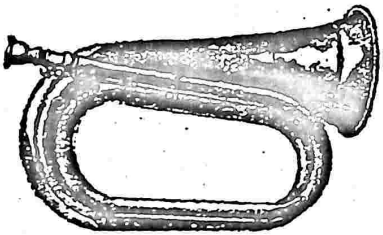

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